BEST FOR ON DEMAND & SKY

MORE CHANNELS THAN ANY OTHER TV MAG!

TV&Streaming week

1-7 AUGUST 2026

TV TO GET EXCITED ABOUT!

NEW

VAN DER VALK

Murder and betrayal as the Dutch detective returns

EXCLUSIVE!

Alley Cats

Ricky Gervais tells us about his funny feline comedy

NEW

POSSESSION

A lawyer unlocks a supernatural nightmare in Jamaica

NEW

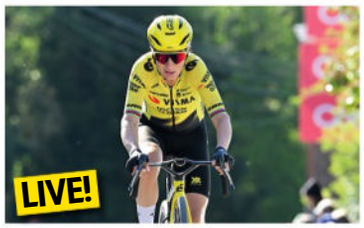
TED LASSO

The hapless American coach tackles a women's football team

HotList This week's 28

Saturday 1

Commonwealth Games
***SPORT** BBC Alba, TNT Sports & HBO Max*
The final day of athletics sees the mixed 4x400m relay event, which looks set to feature Olympic silver medallist Matthew Hudson-Smith (above) for Team England. *See Sport Week, page 28*



Tour de France Women
***CYCLING** TNT Sports 1 & HBO Max*
This year's nine-stage race gets under way with a Grand Depart in Lausanne, Switzerland, with France's Pauline Ferrand-Prévot (above) the defending champion. The action continues all week.

Hitler's Games: Berlin 1936 in Colour
***DOCUMENTARY** C4, 8pm*
This film celebrates the achievements of the athletes at the 1936 Olympics but also explores how Hitler tried to use them as a propaganda platform for the Nazi regime.

Heretic
***HORROR** Sky Premiere, 9.35pm*
Hugh Grant (above) is as an apparently genial stranger who invites two young Mormon missionaries into his home, from which there is no escape... *See review, p23*
• Previously shown on Prime Video

■ Full listings start on **p35**

Sunday 2

Lioness
***THRILLER** Paramount+*
Season 3 sees the action move closer to home for Joe (Zoe Saldaña, above with co-star Nicole Kidman), as threats surface across Washington's power networks. *See Your Watchlist, page 16*

Commonwealth Games
***SPORT** BBC Alba, TNT Sports, HBO Max*
The Games will draw to a close today with a ceremony at the Hydro, but not before more medal opportunities, including England para-cyclist Kadeena Cox (above) in the kilo time trial. *See Sport Week, p28*

Van der Valk
***DRAMA** ITV1, 8pm (box set, ITVX)*
Marc Warren (above) returns as the Dutch detective for a fourth series, which sees Piet and his partner Lucienne tasked with protecting a key witness in the trial of a dangerous gang leader. *See feature, p8*

Richard E Grant's Very Modern Odyssey
***TRAVELOGUE** C4, 8pm*
As cinemagoers enjoy Sir Christopher Nolan's big-screen epic, the actor (above) retraces the 10-year voyage of Odysseus in a four-parter. *See Documentaries, p20*

■ Full listings start on **p45**

Monday 3

Futurama
***ANIMATION** Disney+*
Matt Groening's animated sci-fi series reaches its 14th season, with Fry, Leela, Bender and the gang embarking on more adventures featuring space pirates and the return of a long-lost love interest.

Long Lost Family: Born Without Trace
***FACTUAL** ITV1, 9pm*
Includes the story of Sarah (above, with host Davina McCall) who was left as a baby in a phone box in 1983. Now she hopes to find out what led to her being abandoned.

Celebrity Hunted
***ENTERTAINMENT** C4, 9pm*
Twelve celebrities – including comedians Jen Brister and Laura Smyth and *Strictly* dancers Amy Dowden and Carlos Gu – go on the run in aid of Stand Up to Cancer. Continues tomorrow.

How to Train a Great White
***DOCUMENTARY** Discovery Channel,10pm*
As part of Discovery's Shark Week, this one-off film follows an ambitious attempt by experts to train great whites and test their learning, memory, and decision-making in the wild.

■ Full listings start on **p55**

Tuesday 4

The Victorians with Rob Rinder and Ruth Goodman
***DOCUMENTARY** 5, 9pm*
The hosts take a trip back to the 19th century, when railway mania swept the country, affecting the wealthy and working classes in very different ways.

Joe & David's Magical Sitcom Tour
***DOCUMENTARY** U&Gold, 9pm*
Joe Wilkinson and David Earl embark on a voyage of comedy discovery, starting with a *Porridge* adventure involving writer Dick Clement. *See feature, page 12*

Olivia Attwood: The Price of Perfection
***FACTUAL** ITV2, 9pm (box set, ITVX)*
In her new series, Attwood (above) travels to South Korea to find out more about glass skin and K-beauty and asks if cut-price surgery in Turkey is worth the risk.

The Salisbury Poisonings: A Spy Next Door
***DOCUMENTARY** Sky Documentaries, 9pm*
Looking at the extraordinary events that took place in the Wiltshire town when a former Russian spy and his daughter were exposed to a deadly nerve agent.

■ Full listings start on **p65**

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1-7 AUGUST 2026

Wednesday 5

EDITOR'S CHOICE NEW

Ted Lasso

COMEDY Apple TV

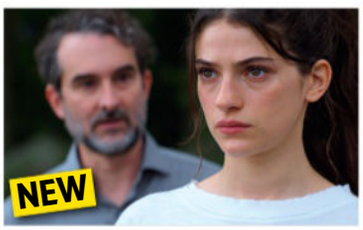
Jason Sudeikis (above, with co-star Tanya Reynolds) returns as Coach Lasso for a fourth season, with the American back in Richmond to take the reins of the new women's team. *See feature, page 6*

NEW

Big Chicken: A Fast Food Conspiracy

DOCUMENTARY Netflix

Comedian Mo Gilligan (above) makes the bold decision to eat fried chicken three times a day for 28 days to investigate the health impact of our cravings.



NEW

Sterling Point

DRAMA Prime Video

Coming-of-age drama about 17-year-old New Yorker Annie (Ella Rubin), whose life changes dramatically when she learns she has inherited an island in Canada from her grandfather. *See Your Watchlist, p16*

NEW

One Hundred Years of Solitude

DRAMA Netflix

Spanning 50 years, the second series of the Colombian drama begins with the signing of the armistice. However, peace has still not reached Macondo...

■ Full listings start on **p75**

Thursday 6

EDITOR'S CHOICE NEW

The Shards

DRAMA Disney+

Based on Bret Easton Ellis' novel, this edgy 1980s thriller follows elite prep-school students whose world unravels as a serial killer strikes Los Angeles. *See Your Watchlist, page 14*

NEW

My Life with the Walter Boys

DRAMA Netflix

As the teen drama returns, Jackie (Nikki Rodriguez) is struggling with her feelings for Cole and Alex, while George recovers on the ranch. *See Your Watchlist, p17*

LAST ONE

Who Do You Think You Are?

DOCUMENTARY BBC 1, 9pm

Commonwealth Games medallist Katarina Johnson-Thompson (above) finds some inspirational relatives as she explores her Bahamian roots. *See Documentaries, p21*

NEW

Possession

DRAMA Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets & NOW)

An ambitious young lawyer (Gugu Mbatha-Raw) travels to Jamaica for work, where she comes across the plantation that has links to her past. *See feature, p11*

■ Full listings start on **p85**

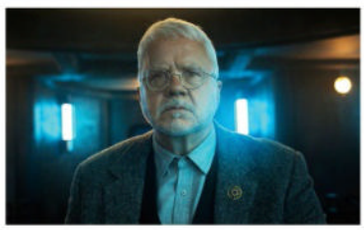
Friday 7

EDITOR'S CHOICE NEW

Alley Cats

ANIMATION Netflix

Ricky Gervais creates and stars in this dark animated comedy following a pack of foul-mouthed feral cats ruminating on modern-day life. Also stars Diane Morgan and Kerry Godliman. *See feature, page 4*



Silo

DRAMA Apple TV

With the shock revelation that Bernard Holland (played by Tim Robbins, above) is alive and wants to join forces with Juliette, it remains to be seen if he is the changed man he claims to be. *See feature, page 7*

PREMIERE

Song Sung Blue

DRAMA Sky Premiere, 6am & 3.40pm

An Oscar-nominated Kate Hudson and Hugh Jackman (both above) star in this biopic about a pair of struggling musicians who find romance as a Neil Diamond tribute act. *See review, page 24*

LIVE!

EFL Cup: 1st Round

FOOTBALL ITV1 & Sky Sports

Tonight's opening-round games include the all-Championship tie between Middlesbrough and Wrexham (ITV1 & Sky Sports, 8pm), while Wolves host League Two's Port Vale (Sky Sports+, 7.45pm).

■ Full listings start on **p95**

Welcome to this issue of *TV&Streaming Week*. There are lots of new shows on the on-demand channels, and all of them good. Our cover stars, Ricky Gervais and animated feisty feline Gus, appear in *Alley Cats*, a new series about a colony of feral moggies.

Add to that, *Ted Lasso* returns, there's the 14th series of *Futurama* and don't miss *WWE SummerSlam*!

The summer of sport doesn't look like ending any time soon with the Commonwealth Games still on, and Josh Kerr goes for gold as the mile makes a return to Glasgow. Also, this Friday on ITV1 and Sky Sports, the EFL Cup kicks off with Middlesbrough v Wrexham.

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

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Ricky Gervais' latest series *Alley Cats* is an animation featuring a group of feral felines with attitude

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Jason Sudeikis is back for a fourth season of *Ted Lasso*, Marc Warren returns as the Dutch detective in *Van der Valk*, Gugu Mbatha-Raw stars in Gothic thriller *Possession*, and Joe Wilkinson and David Earl celebrate some classic British comedy series

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EXCLUSIVE!

COOL for CATS

Meet the gang of misbehaving moggies in **Ricky Gervais**' purr-fect new comedy

NEW ANIMATED COMEDY

Alley Cats

From Friday 7 August, Netflix

After winning a slew of awards for *The Office*, *Extras* and *After Life*, Ricky Gervais looks set to be the cat's whiskers once again with his new animated series about a bunch of foul-mouthed feral felines.

With each episode running for 15 minutes, six-parter *Alley Cats* follows a gang of chaos-causing moggie misfits living in an abandoned house, with Gervais voicing self-appointed leader Gus, and his *After Life* co-stars Diane Morgan, Tom Basden and Kerry Godliman among the cast's other voice artists.

We met up with the famously animal-loving Gervais, 65, for an exclusive chat about his pet project…

How are you feeling ahead of *Alley Cats*' release? I've still got the excitement that I had with my first show. I'm excited because I made it my way. If this wasn't [my project], I wouldn't be as excited.

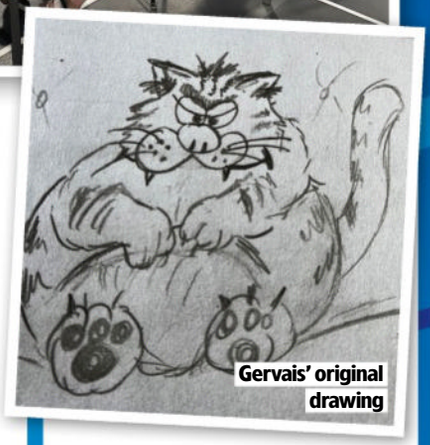
Gus
Ricky Gervais
The argumentative self-styled leader loves TV and hates spiders. His paternal side emerges after the arrival of a kitten in need of shelter.

NEW FROM NETFLIX

The *Alley Cats* crew

WORDS: ELAINE REILLY PHOTOS: NETFLIX, COURTESY OF RAY BURMISTON/NETFLIX © 2026

The cast at a recording


Gervais' original drawing

I'm not as excited when I pop up in a film. But if I write and direct something and I spend two years on it, I can't wait for people to see it.

What's the premise? This group of feral cats get together, have an adventure every day, then end up back on the couch. It's a classic British sitcom with a streetwise guy who thinks he knows everything but is actually an idiot. Gus and educated, middle-class Ponce's arguing is the absolute dynamic of the show. The heart of it is in the bits between Gus and Kitten. You need an arc, otherwise it's just cats swearing at each other.

How did it come about? I first had the idea during lockdown when my stand-up tour *SuperNature* was postponed and I thought I could write an animation, so I drew my perfect cartoon cat based on my own cat Pickles, a lovely big fat, gingery tabby. After I'd written it, we recorded all six episodes, like a podcast, and the animation fitted around that.

Is it strictly an adult show? I wouldn't let an eight-year-old watch it, but I'd let a teenager. If it wasn't for the [bad] language and the things they talk about, it could be a kids' show. As out there as it is, it's wholesome. There are lovely themes of romance, family and truth. But do you think cats wouldn't swear? They'd swear like troopers! Sometimes swearing is funny. When my nan used to swear, it used to really make me laugh hearing these words coming out of a really sweet old lady.

Would you like to make a second season? This is the first show I've thought, 'I could do this for the rest of my life.' I could just meet up with my pals and talk rubbish, and the cats won't get older, balder or lose their teeth. I want people to love these cats.

What are your favourite cat facts? Cats are the only animal that domesticated themselves. About 10,000 years ago they wandered into humanity and said, 'Feed me!' They made up their meow to be fed by humans. And they can see in the dark. They can hear moths. They can leap four times their body height. A cat on your lap relaxes you and stroking a cat lowers your cortisol. They're like alien super animals.

> **'This is the first show I've thought I could do this for the rest of my life'**
> RICKY GERVAIS

Do you have any cat-like characteristics? I love napping. My wife Jane, me and Pickles try to build a 40-minute nap into our schedule. We have lunch, make sure the postman's been, and turn the phone off!

WHO'S WHO

Fang
Andrew Brooke
The tough-as-nails street fighter loves a good dust up, and will unleash his killer instinct to protect those closest to him.

Puke
David Earl
The snail-appreciating moggie is disgusting in the extreme, and stuns his feral friends when he lets a secret out of the bag...

Olive
Diane Morgan
Gus' half-sister, or possibly his cousin, dreams of starting a family with Ponce – unaware he's missing some vital equipment...

Ponce
Tom Basden
A proud and pampered house cat, his attempts to raise the tone of conversations with Gus' crew prove unceasingly futile.

Lara
Kerry Godliman
Gus is enamoured with the witty, matter-of-fact street cat, but she has a terrifying boyfriend who doesn't pull his punches.

Kitten
Jo Hartley
After wandering away from her human home, she's taken in by the gang and taught questionable life lessons.

Mum
Natalie Cassidy
Gus' old mum dotes on her boy and is always delighted to see him – when he remembers to visit her.

Ted's new goal

Coach Beard, Ted and Alice

NEW FROM Apple tv

Jason Sudeikis' cheery football coach takes charge of AFC Richmond's struggling women's team

NEW COMEDY DRAMA

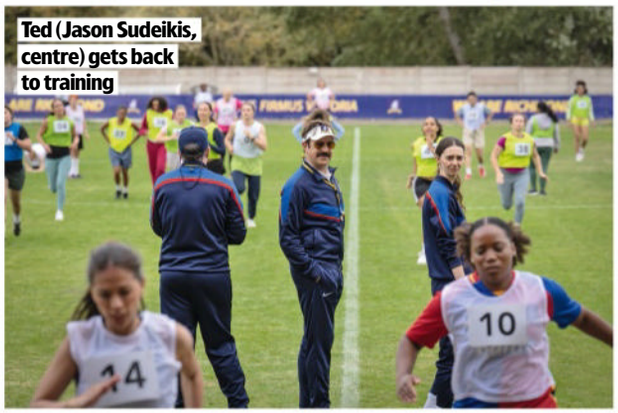
Ted Lasso

From Wednesday 5 August, Apple TV (released weekly)

When the final whistle blew on Season 3 of *Ted Lasso*, we thought we'd seen the last of Apple TV's Emmy-winning comedy as homesick football boss Ted (Jason Sudeikis) said goodbye to AFC Richmond and returned to Kansas City to coach his son Henry's soccer team.

But in a twist that proves you should always 'Believe', the mustachioed, biscuit-loving American coach is back on our screens this week for a new 10-part season that begins with Ted working at a grocery store.

'When we find Ted in Kansas City, he's not coaching any more,' reveals Sudeikis, 50, who co-created the show. 'He's leaning into being a father and has taken a job where he can come and go.'



Ted (Jason Sudeikis, centre) gets back to training

But Ted's world is turned upside down once more when AFC Richmond owner Rebecca Welton (Hannah Waddingham) shows up alongside PR guru Keeley Jones (Juno Temple) and club secretary Leslie Higgins (Jeremy Swift) with a proposition. They want Ted back in London, not to coach the men's team – now under the command of former assistant coach Roy Kent (Brett Goldstein) – but to turn their second-division women's team into a major force.

However, Ted's return steps on the toes of ex-player Alice Chilton (*Sex Education*'s Tanya Reynolds), who had hoped that Rebecca would make her head coach.

'When Rebecca brings in Ted, Alice is furious,' Reynolds says. 'Alice was a fantastic player until she suffered ACL injuries and could no longer play. Now, being a good coach is her main objective, so she's prickly with Ted.'

PLAYING THE FIELD

As Ted adjusts to the different demands of the women's game, he must work alongside talented striker Gemma (*The Pact*'s Abbie Hern), who's coming back from injury, and no-nonsense centre-back Lizzie (*Game of Thrones*' Faye Marsay), a single mother juggling life on and off the pitch. Meanwhile, comedy legend Tracey Ullman brings chaos to the Richmond boardroom as an unpredictable

WORDS: DAVID HOLLINGSWORTH. VICTORIA WILSON. PHOTOS: APPLE TV

'Being a good coach is Alice's main objective, so she's prickly with Ted'
TANYA REYNOLDS

Rebecca (Hannah Waddingham) seeks Ted out

entrepreneur named Zelda.

Although the focus is on a new squad, Sudeikis says that maintaining the heart-warming spirit of *Ted Lasso* was essential.

'The heart of the show is still the same,' he says. 'One theme we've always tried to explore is still very much present – it's not just the boxes people put you in, but the ones you put yourself in.'

Off the pitch, the characters' personal lives are as complex as ever. Coach Beard (Brendan Hunt) is navigating an identity crisis, while Rebecca's considering her relationship with Matthijs (Matteo van Der Grijn), who lives in Amsterdam with his daughter.

'We're three years into their relationship,' says Waddingham. 'They've been having a great time, but he's starting to nudge it toward something more and Rebecca's asking herself if she wants that.'

And let's not forget Roy and Keeley – the will-they-won't-they couple who everyone believes belong together.

'Keeley tells Roy he can't put her on a pedestal, because she's going to fall off it,' says Temple. 'So she encourages him to date other people. But I think there's still hope for them.'

Tim Robbins as Bernard before the fire

Staying alive

Hollywood star **Tim Robbins** on his *Silo* return...

DRAMA
Silo
From Friday 7 August, Apple TV (ep 6 of 10; released weekly)

Shocks are at the heart of post-apocalyptic sci-fi series *Silo*, and there's been none bigger than the revelation that devious former head of IT Bernard Holland is alive.

'Hello,' he croaked to his long-time enemy and the show's hero, Juliette (Rebecca Ferguson), when she discovered him hiding in the depths of Silo 18, covered in horrendous burns following a fire at the end of Season 2.

The master manipulator, played by Oscar-winner Tim Robbins, had been thought dead, but now he's a changed man who has joined forces with Juliette in the underground bunker as she continues her quest for the truth.

Here, Robbins, 67, star of *The Shawshank Redemption* and *Mystic River*, talks to us exclusively about his role...

How did you want fans to react when they discovered Bernard was alive?
A collective gasp across the world! It's a good reveal. I also loved lying to a lot of people about Bernard's fate.

'Hey, are you doing Season 3?' 'No, I'm dead, sorry, it's all over.'

Is it like playing a totally different character now?
Bernard's entire foundation has been shattered. Everything he thought was true, wasn't. He realises he's been living a lie for the past 30 years. But not only does he change morally, psychically and spiritually, he's also shattered physically. So it's such a great challenge to do that whole thing.

Previously Bernard had always been immaculate. Was it fun to play the new scruffy Bernard?
It was lovely getting my hair messy. I had to sit in the make-up chair for four hours every morning. It's a zen meditation you've got to get in to survive that, but I thought they did an amazing job in creating the way he looked.

Rebecca Ferguson as Juliette

Have you enjoyed filming the series near London?
It was wonderful being in London for an extended period of time. On my days off, I got a bicycle and went everywhere. I was reading an autobiography of Charlie Chaplin and it mentioned where he lived, so the next morning I was like, "I'm going there!"'

Double Dutch

Marc Warren and Maimie McCoy are back as the Amsterdam crime-fighters

Stars McCoy and Warren

Lucienne and Piet face fresh challenges

NEW DRAMA

Van der Valk

Sun, 8pm, ITV1 (box set, ITVX)

Amsterdam detective Piet Van der Valk finds himself in a desperate struggle to bring down the ruthless head of a crime empire as ITV1's hit drama remake *Van der Valk* returns for a fourth series.

In the first of three new episodes, the Dutch detective, played by Marc Warren, and his partner Lucienne Hassell (Maimie McCoy) are tasked with protecting a key witness who is testifying against gang boss Bibi Franken (*The Ipcress File*'s Anastasia Hille) ahead of an upcoming trial.

Franken has already eliminated one whistleblower, so Van der Valk and Amsterdam police chief Julia Dahlman (Emma Fielding) know they must ensure the safety of Bibi's son Daan (Ben Batt), who's agreed to give evidence against her.

However, as Van der Valk and his team look into the case surrounding Franken, they realise that everything is not as it seems…

Here, Warren, 59, tells us more about the new series…

How does it feel to be back for the fourth run of *Van der Valk*? It's definitely the best one we've made yet. The scripts are great, there's plenty of action and it feels bigger. It's like everything we've been learning over the three previous years has come together. We're much more of a family, with a tight bond between us all. This series has a lot of heart.

Do you think Piet is in a better place than in previous series? Yes, if you go back to the first series he's very serious. But I feel like he's evolving and there are even a few more gags this time. He's also quite settled with his girlfriend Lena and I have some nice scenes with Loes Haverkort, who plays her, on Piet's boat.

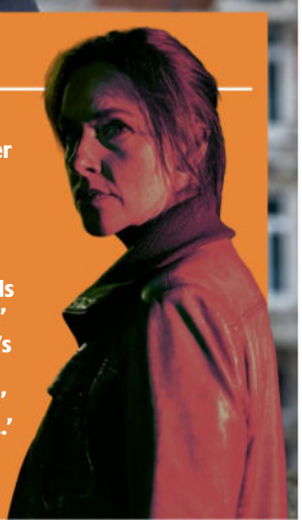
Piet and his colleague Lucienne have a great relationship. Do you enjoy working with Maimie McCoy? Yes, we're so used to being in the jeep together, walking around with our guns out, and doing crazy stuff. Maimie continues to do the more dangerous stunts and does more action than me – I'm all for that!

> 'We're much more of a family, with a tight bond'

Piet has a few fight scenes this time. What were they like to film? The fight scenes look very good when you're sitting on the sofa, but they're very difficult to shoot. You're normally fighting a stuntman who's incredibly fit and could kill you with one punch. Even though they're restrained, you inevitably get hit and it takes you about a week to get over it.

Were you happy to be reunited with Piet's dog, Sniffer? Did she recognise you? There was a certain familiarity. The main way to make Sniffer remember you is to have a treat in your hand. She loves her owner, Mila, so much. It's always tricky when you're working with an animal, and sometimes in a scene Sniffer will just bolt and go to Mila. But if you get the take it just looks great.

BAD ROMANCE



Van der Valk gets a shock in this week's opening episode when he arrives at a murder scene and comes face to face with an old flame, Kalie Tenkers (Kim Riedle, right).

'Kalie was taking care of a witness who's murdered in the opening scenes,' explains Warren. 'The first time Piet sees her, she calls him by a pet name, which really throws him.'

Viewers will learn more about the couple's history together as the series continues.

'There's a lot of animosity between them,' teases Warren. 'They had a bad falling-out…'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Ross offers to give Cassie a lift

CORONATION STREET

Has Ross killed Cassie?

Just as Cassie finally settled down and moved on from her turbulent past, it all came crashing down when Tyrone's biological dad, Ross, turned up in Weatherfield.

Cassie was determined to get rid of him and expose his despicable true colours. But after the shocking pills debacle last week, it's Cassie who's found herself cast out by her family.

Cassie says farewell

Cassie's exit is set in motion when Tim finds her drunk in the cab office after being dumped by Steve and ousted by Tyrone. Unable to cope with her life being destroyed, she says goodbye to her grandchildren and daughter-in-law Fiz, telling them she's got a cleaning job on a cruise ship.

But as Steve arrives at the precinct to say farewell to his now ex-girlfriend, Ross pulls up, suggests Cassie gets in… then locks the doors, and speeds off with her in the car.

Ross later plays dumb when he's questioned about Cassie's whereabouts, but quickly changes his story when he realises Steve witnessed the whole exchange and claims he took her to Piccadilly station.

Has Ross done something terrible to Cassie?

PLUS Nina finds Dylan unconscious after being attacked, Tim unexpectedly reunites with his cousin Richie, and Debbie is horrified to get a glimpse into her future when she meets Sienna's mum, Sadie.

ALSO IN THE SOAPS THIS WEEK…

EASTENDERS

Peter discovers Lauren and Mark's dodgy dealings (above), Barney makes a confession to Zack, Chelsea grows suspicious of Sheila after something Jordan says, and Patrick and Denise have an emotional reunion.

EMMERDALE

The Dingles bid farewell to Monty at his funeral (above), Noah breaks the news he's moving to Düsseldorf, Nicola worries that Jimmy's romantic gesture is for someone else, and Charity opens up about the assault at a support group.

WORDS: SEAN MARLAND, GRACE MORRIS. PHOTOS: BBC, ITV

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Gugu Mbatha-Raw as Claudia

Legacy of FEAR

Gugu Mbatha-Raw is a solicitor caught up in a spooky inheritance case

NEW DRAMA

Possession

Thursday, 9pm & 10pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Themes of slavery, secrets and the supernatural collide in Sky Atlantic's Gothic thriller *Possession*, which explores the horrors of colonialism and its ongoing legacy.

Crossing the ocean between England and Jamaica and switching timelines between the 1760s and the present day, the five-part thriller stars Gugu Mbatha-Raw (*Loki*) as Bristol-based solicitor Claudia McKenzie, who was raised by her white British father (*The Gold*'s Sean Gilder) after her Jamaican-born mother died when she was a baby.

Claudia has had no real connection to her mother's heritage, until a strange legal case lands on her desk involving the disputed inheritance of wealthy client Alfred Connaught, who has died leaving everything to an unknown Jamaican man instead of bequeathing it to his only son, Oliver (played by *Elementary*'s Jonny Lee Miller).

Determined to find out whether it's a case of fraud, or even abuse, Claudia flies out to Jamaica to visit Connaught's former sugar-plantation home, Hope Hill….

The haunting Hope Hill

GHOSTS OF THE PAST

'*Possession* is a thrilling, unique ride,' says Mbatha-Raw, 43. 'What Claudia doesn't anticipate is that the journey will force her to confront her own history and identity, rather than just representing her client.

'It becomes a journey back to her roots and an awakening to parts of herself she's long kept at a distance. There are unexpected twists, darker moments and real suspense.'

The cast includes Nadean Rawlins as Claudia's 'Priestess' aunt Mercy, and Sheldon Shepherd (*Bob Marley: One Love*) plays Connaught's mysterious beneficiary, local man Cudjoe East.

Jonny Lee Miller plays Oliver

Bel Powley as Charlotte

Meanwhile, back in the 1760s, Bel Powley (*A Small Light*) plays traumatised and vengeful Charlotte Connaught, who has grown up on the isolated sugar plantation with her cruel, slave-owning father and begins to dabble with Jamaican folklore and European magic, drawing her into a state of violence and madness.

As the series progresses, it becomes increasingly disturbing when supernatural forces are unleashed and past figures begin to inhabit the present.

EVOCATIVE LOCATION

Yet Mbatha-Raw says shooting in the beautiful landscape of Jamaica was a far cry from the dark subject matter of the drama.

'We filmed in places you'd never see as a tourist – inland locations and real communities,' she says. 'It shows a side of the island beyond the postcard-perfect beaches.'

WORDS: HANNAH DAVIES. PHOTOS: SKY

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Mo Gilligan

NEW **Big Chicken: A Fast Food Conspiracy**

From Wednesday 5 August, Netflix

Born in London in 1988, stand-up comedian Mo Gilligan is best known as a judge on ITV1's *The Masked Singer*. He's also co-presented *The Big Narstie Show* on C4, hosted his own chat show, *The Lateish Show with Mo Gilligan*, and joined Jamie Redknapp, Micah Richards and the rest of the *A League of Their Own* gang for their Mexican road trip in 2024.

HIS NEW APPEARANCE

This week, in a new Netflix documentary, Gilligan investigates the global chicken industry, eating nothing but fried chicken for 28 days before undergoing a medical assessment to discover its effects on the human body. He travels to the US to learn the origins of fried-chicken meals and discovers how fast-food chains target poorer areas, and how mega-farms have been accused of exploiting workers, animal cruelty and pollution. 'I want to find out what fried chicken is doing to our bodies and our minds,' says Gilligan. 'Is this bird really taking us down the path to destruction.'

Gilligan explores the impact of fried chicken

David Earl and Joe Wilkinson in the mock up of HM Slade prison

Cell mates

David Earl and Joe Wilkinson travel back to the golden era of British sitcoms

NEW **ENTERTAINMENT**

Joe & David's Magical Sitcom Tour

Tuesday, 9pm, U&Gold

If you're a fan of British sitcoms, you'll love *Joe & David's Magical Sitcom Tour*, a gently nostalgic series on U&Gold featuring best friends Joe Wilkinson (*The Celebrity Traitors*) and David Earl (*After Life*).

Across three episodes, the comedy duo take it in turns to surprise each other with journeys through their favourite classic sitcoms – *Porridge*, *Fawlty Towers* and *The Office* – with plenty of wistful tours of key locations and chats with stars including John Cleese and Ricky Gervais.

'It's like *Time Team* but for sitcoms – we're finding treasures from our favourite shows,' explains Earl.

Here, Wilkinson, 51, and Earl, 52, who together created and starred in *The Cockfields*, guide us through the series...

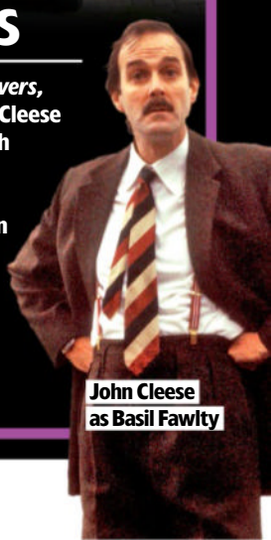
Earl with Fawlty's car

EP2: FAWLTY TOWERS

Wilkinson and Earl revisit beloved sitcom *Fawlty Towers*, which was first broadcast in 1975 and starred John Cleese as irascible Basil Fawlty. Their adventure begins with a visit to BBC Television Centre where the comedy was filmed, followed by a video call with Cleese.

But Wilkinson saves the best surprise until last when Earl gets to sit in Fawlty's unreliable red Austin 1100 and recreate the iconic scene where he thrashes the car with a tree branch after it breaks down.

'That was the highlight of the series for me,' says Earl. 'It was the exact model and it really felt like a moment where I'd walked inside the TV screen.'



John Cleese as Basil Fawlty

WORDS: HANNAH DAVIES, NATASHA HOLT, REBECCA MAHONY; PHOTOS: 5, BBC, C4, ITV, NETFLIX, UKTV/JACK BARNES, UKTV/BBC, UKTV/RAY BURMISTON, UKTV/PETE DADDS

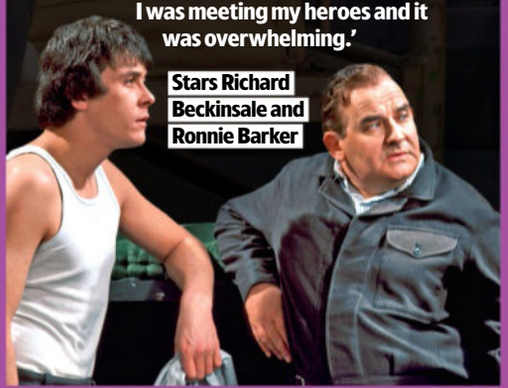
With Dick Clement (centre)

EP1: PORRIDGE

First up, Earl surprises Wilkinson with a *Porridge* adventure that features a recreation of the iconic HM Prison Slade cell inhabited by Fletch (Ronnie Barker) and Godber (Richard Beckinsale), plus a catch-up with *Porridge* creators Dick Clement and Ian La Frenais.

The pair also meet a rather uncanny Ronnie Barker impersonator and take a trip to Barker's old home.

'*Porridge* still means a lot to me because it was something I watched with my mum and dad when I was a kid, and we talk and laugh about it even now. It's a really lovely thing that I share with my family,' says Wilkinson. 'Meeting Dick and Ian was like an out-of-body experience. I was meeting my heroes and it was overwhelming.'



Stars Richard Beckinsale and Ronnie Barker

With Ricky Gervais

EP3: THE OFFICE

Celebrating its 25th anniversary this year, *The Office* followed the office workers at fictional Slough-based paper company Wernham Hogg.

Wilkinson pulls out all the stops for Earl with a tour of the location where the opening titles were filmed, and there's a special moment where the pair listen to a message recorded especially for their show on the original answerphone in David Brent's office. Plus, star Ricky Gervais pops up with a special rendition of *Freelove Freeway*.

'For me, *The Office* is particularly important,' explains Earl. 'It's what gave me the kick up the backside to try to do comedy. It's also why we wanted to make this series, because the show means so much to us.'

Gervais as David Brent

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW Guy Montgomery's Guy Mont-Spelling Bee Australia

Wednesday, 10pm & 10.50pm, BBC3 (box set, BBC iPlayer)

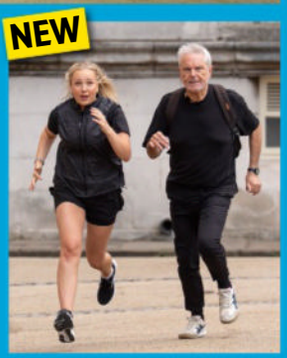
Host Guy Montgomery and assistant Aaron Chen are back with the zany panel show that sees four guest comedians take on TV's silliest spelling test, including a round where they must decipher and spell audience member's names. *Deadloch*'s Nina Oyama, Welsh comic Lloyd Langford, stand-up Tom Walker and Hannah Gadsby are the contestants in the opening episode – but who will make it through to the next instalment?

Celebrity Hunted

Monday & Tuesday, 9pm, C4

Comedian Brian Conley and his actor daughter Lucy (both right) are among six pairs of celebs going on the run for Stand Up to Cancer. Can they stay hidden for 14 days, with a little help from their showbiz friends, and evade a crack team of hunters, led by former DCS Ray Howard? The other contestants include *Strictly* stars Amy Dowden and Carlos Gu, and presenters Sophie Morgan and JJ Chalmers.

NEW



The Piano

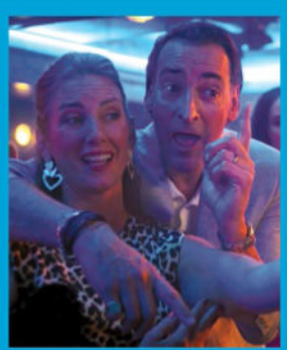
Sunday, 9pm, C4

This week, Jools Holland joins judge Mika and host Claudia Winkleman (all pictured) as a guest mentor on C4's talent show. He teams up with returning mentor Jon Batiste at London Bridge Station as they encourage amateur musicians to tickle the ivories. 'I loved the variety of players, all bringing something of themselves to the instrument,' says Holland.

Benidorm Is Murder

Thursday, 9pm, 5

Alistair McGowan (pictured, right), turns up in this week's episode of the crime comedy, playing Vince Starky, a washed-up 90s game-show star. Vince flies in to perform at the glitzy Benidorm Palace, an event organised by agent Ziggy (Denise Welch), but it's not long before pub owner Dennis (John Hannah) and crime-fanatic barmaid Rosa (Carolina Bécquer) are tackling their next murder case...



The group of friends end up out of their depth

California SCREAMING

Wealthy teens are terrorised by a serial killer in 1980s Los Angeles

The Shards

NEW *Available: Thursday 6 August Genre: Thriller Season: 1 Episodes: 9 (first two eps from Thu 6 Aug, then weekly)*

Homer Gere, the actor son of Hollywood star Richard Gere, takes on his biggest TV role yet when he stars in a steamy Disney+ thriller from *American Horror Story* creator Ryan Murphy.

Adapted from author Bret Easton Ellis' 2023 bestseller, nine-part series *The Shards* is set in 1981 Los Angeles, following a clique of privileged teens intoxicated by image, partying and each other.

The cool crew features budding writer Bret (Igby Rigney) and his rebellious girlfriend, Debbie (singer Hayes Warner), plus student-body president Susan (model Kaia Gerber) and her poster-boy boyfriend, Thom (Graham Campbell).

BRIGHT YOUNG THINGS

But when a serial killer begins stalking local youths, Bret is unnerved by a recent transfer to their school, Robert Mallory, played by 26-year-old Gere. His friends want to bring Robert into their elite inner circle, but Bret begins to unravel, and starts to suspect that Robert could be the killer.

Richard and Homer Gere

'I've always loved Bret Easton Ellis' work,' says Murphy, 60. 'And TV shows about first times are exciting: first kiss, first heartbreak, and in this case, first murder…'

American Psycho author Ellis conceived *The Shards* in the year that it's set, 1981, when he was a senior in high school.

'I finally wrote it during the pandemic, when I started looking up old classmates online and wanted to make amends because I felt I'd acted rather badly,' says Ellis, 62, of the story that also

follows Debbie's alcoholic mother Liz (*Westworld*'s Evan Rachel Wood), and sleazy father Terry (*Yellowstone*'s Wes Bentley).

GROWING UP

'I wasn't thinking about creating a work of autofiction,' Ellis explains. 'I just wanted to write about some of my classmates and my feelings of nostalgia about a period in my life that was also extremely painful.'

Gere, who starred in Season 3 of *Euphoria* as rising actor Dylan, credits his famous father with nurturing his career.

'My dad gives great advice,' he says. 'It's not necessarily related to the craft, but more like how you carry yourself, how do you make this work in a positive way. I call him every day – we are super close. Having my dad as that kind of sounding board is amazing.'

What we're watching...

The shows being enjoyed by the *TVSW* team

Trying

Genre: Comedy Season: 5 Eps: 8 (released weekly)

It may be its fifth season, but this witty, feel-good comedy is as endearing as ever. Jason (Rafe Spall) and Nikki (Esther Smith) seem to have got it sorted when it comes to raising their adopted children, Princess (Scarlett Rayner) and Tyler (Cooper Turner). But the children's biological mother Kat (Charlotte Riley) is now on the scene. As Nikki struggles with Kat's presence, she is also dealing with her new job at a travel agency, while Jason begins his studies to become a social worker.

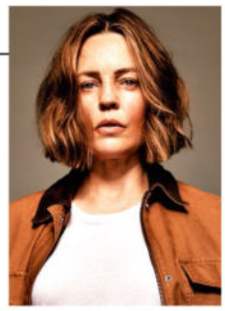
Little House on the Prairie

Genre: Drama
Season: 1 Episodes: 8

Luke Bracey and Crosby Fitzgerald (both right) star as Charles and Caroline Ingalls in this gorgeously filmed adaptation of Laura Ingalls Wilder's semi-autobiographical books about frontier life.

Ms X

Genre: Comedy drama
Season: 1 Episodes: 6



A New Zealand mum (Melissa George, right) hires a hapless private eye (Dean O'Gorman) to find out if her husband is cheating on her, but their investigations propel the pair into the criminal underworld.

Now in production...

Three upcoming shows to look out for soon

Positano

Matthew McConaughey (above) will star in Netflix's film, set on Italy's Amalfi Coast, which follows a jewel thief who tries to help an enigmatic woman (Zoe Saldaña) carry out a daring heist. Toni Collette, Karren Karagulian and Salvatore Esposito also appear.

Robin Hood

The second run of MGM+'s period drama sees James Purefoy (above) join the cast as indomitable King Henry, plus Colin O'Donoghue as his son Prince Richard and Luke Roberts as ambitious Amaury D'Montfort, who each crosses paths with outlaw Rob (Jack Patten).

Queenstown

Based in a New Zealand luxury ski resort and featuring Rufus Sewell (above) and Frances O'Connor, Netflix's drama will explore the lives of a wealthy but troubled family and their staff as tensions arise, passions are forged and loyalties put to the test.

WORDS: CAREN CLARK; JUDY EWENS, REBECCA MAHONEY PHOTOS: APPLE TV, © 2026 DISNEY AND ITS RELATED ENTITIES, GETTY, NETFLIX, PLUS6FOUR ENTERTAINMENT/SOUTH PACIFIC PICTURES/DYNAMIC TELEVISION

Ella Rubin as Annie and Amélie Hoeferle as Ramona

Lake of secrets

Twin siblings **inherit an island** in this teen drama

Sterling Point

prime

NEW *Available: Wednesday 5 August*
Genre: Drama Season: 1 Episodes: 8

Fans of young-adult dramas will be spoilt this week as Prime Video's new teen drama series *Sterling Point* arrives on the streaming platform.

This latest coming-of-age saga stars *Anora* actor Ella Rubin as studious 17-year-old Annie Jacobson, who isn't exactly living her best life: she didn't get into the summer programme she applied for, and her boyfriend appears to be questioning his sexuality.

'I immediately loved Annie,' says Rubin. 'I felt that there was a piece of her in my soul.'

Annie and her immature twin brother Connor (Keen Ruffalo, son of Mark Ruffalo) have been raised in New York by their loving, adoptive father Steven (Jay Duplass) after their adoptive mother Goldie died when they were toddlers.

Their lives are turned upside down again when they discover they have inherited Sterling Point, an island on Lake Muskoka in Canada, from their estranged grandfather Gordon.

When Annie discovers an intriguing letter from Gordon, she makes a rash decision to head to the island to learn more about her family's past. There, she meets some of Sterling Point's teens, and friendships quickly form between flirty Oona (Bo Bragason), her younger sister Maple (Mabel Strachan), kind-hearted Ellis (Jacob Whiteduck-Lavoie) and exuberant Sully (Nikko Angelo Hinayo).

But when Annie comes face to face with a girl called Ramona (Amélie Hoeferle) in her grandpa's cabin, who claims Gordon was also her grandfather, she realises her family has long-buried secrets. Ramona clearly has struggles of her own, but somehow the pair must learn to navigate their new relationship.

'We all have such different definitions of what family means,' says Rubin. 'For these two teenage girls, who are hiding pieces of themselves, it's overwhelming.'

The island teens bond with Annie (left)

Zoe Saldaña as Joe

Duty calls

Zoe Saldaña is torn between country and family

Lioness

Paramount+

NEW *Available: Sun 2 August Genre: Action drama*
Season: 3 Episodes: 8 (released weekly)

Joe McNamara and her CIA team were moments from taking their own lives when they were surrounded by Iranian forces in a nerve-shredding finale to the second season of Paramount+ spy thriller *Lioness*.

The elite unit couldn't allow themselves to be taken alive – but thankfully, aerial reinforcements arrived at the last minute to save the team.

Now, as the third season begins, it's becoming harder for Joe (Zoe Saldaña) to leave her husband Neal (Dave Annable) and children to risk her life.

'Joe is at a crossroads,' says Saldaña. 'She tries to separate her heart from her duty, but it's impossible.'

This time, Joe faces a mysterious assignment. Aided by CIA deputy director Byron Westfield (Michael Kelly) and her mentor Kaitlyn Meade (Nicole Kidman), she must pursue a dangerous new enemy into the shadows, in a war that threatens every part of her life.

Meanwhile, Cruz Manuelos (Laysla De Oliveira) and Josephina Carrillo (Genesis Rodriguez), who Joe recruited to the unit, take on larger responsibilities

'What I love the most about the show is that it strikes a balance between high-octane action and emotional depth,' says Saldaña. 'I couldn't be a part of a show without having these relationships between these incredibly complex women.'

Nicole Kidman as Kaitlyn Meade

WORDS: CAREN CLARK, NATASHA HOLT, SEAN MARLAND, STEVEN PERKINS. PHOTOS: BBC, C4, NETFLIX, PARAMOUNT+, PRIME VIDEO, SKY

Alex (Ashby Gentry), Cole (Noah LaLonde) and Jackie (Nikki Rodriguez)

Family fortunes

The Walters face an **uncertain future** as the YA drama returns

NETFLIX My Life with the Walter Boys

NEW *Available: Thursday 6 August*
Genre: Drama Season: 3 Episodes: 10

Tensions abound in the Walter house as the Colorado-set drama returns for a third season. The action picks up shortly after the Season 2 cliffhanger, which saw Jackie (Nikki Rodriguez) and Cole (Noah LaLonde) admit their feelings for each other, overheard by Cole's brother Alex (Ashby Gentry), who is also attracted to Jackie.

But before that tense moment could be resolved, patriarch George (Marc Blucas) was rushed to hospital…

'I don't know how they're going to recover from all of this trauma,' says Gentry. 'Everyone's reality has shattered a little bit. They're picking up the pieces of that, and trying to put it back together.'

As an exhausted Katherine (Sarah Rafferty) waits for news on her husband's condition, Jackie – who came to live with the Walter clan following the deaths of her parents and sister in a car crash – struggles with the prospect of visiting George in hospital due to her own past trauma. Instead, she channels her guilt over being torn between two brothers into supportive gestures for the whole family.

'Jackie has never put herself first, ever,' says Rodriguez. 'That manifests in her being such a perfectionist people-pleaser, and ultimately not making the decisions she wants to make. But for the first time, she does start to put herself first.'

This season also sees Cole and Alex exploring who they are outside the confines of their sprawling family, as Alex develops his rodeo career and Cole launches into the world of drag racing.

'Alex is on this upward trajectory,' says series creator Melanie Halsall. 'And we wanted to give Cole something for himself. Racing replaces the thrill he would get when he was playing football.'

The series has been such a hit with viewers that it has already been renewed for a fourth season, and Halsall has ambitions to expand the show's horizons beyond its teen protagonists.

'I love the teenage stories,' she says. 'But we have a lot of potential to tell stories that are intergenerational, and I'd love to be able to do more of that in the future.'

EVERYONE'S TALKING ABOUT…

We point you towards the TV moments you won't want to miss on catch-up

sky box sets NOW Virgin media CIA

In Sky Witness' *FBI* spin-off, special agent Bill Goodman (Nick Gehlfuss) liaises with maverick CIA operative Colin Glass (Tom Ellis). The pair immediately clash, but they have to work together to retrieve a device that can disable military hardware.

4 Oti & Richard's South African Odyssey

More4's travelogue follows Oti Mabuse as she guides the Rev Richard Coles around her homeland. In Johannesburg, they have a go at pantsula dancing, and listen to the Drakensberg Boys Choir School.

4 The Undeclared War

The second run of C4's political thriller sees GCHQ Director Danny Patrick (Simon Pegg, above) try to deal with a cyberattack originating from China. But one of his colleagues could be a mole…

BBC iPLAYER Granite Harbour

DC Davis Lindo (Romario Simpson) and DCI Lara 'Bart' Bartlett (Hannah Donaldson) – both above – tackle a challenging case in the return of BBC1's Scottish crime drama when a woman is found dead on a country estate.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Murder in a Small Town

Saturday 1 August

Seasons 1 and 2 of the 2024 Canadian crime drama. Rossif Sutherland stars as Karl Alberg, a detective who leaves big-city police work behind and moves to the idyllic coastal town of Gibsons for a peaceful life, only to discover that the seaside community has more than its fair share of secrets and murders.

Lioness

Sunday 2 August

In the third season of Taylor Sheridan's espionage thriller, CIA operative Joe McNamara (Zoe Saldaña) walks a fine line between duty and home while guided by her bosses, Kaitlyn Meade (Nicole Kidman) and Byron Westfield (Michael Kelly). See feature, page 16.

Ted Lasso

Wednesday 5 August

Ted Lasso (Jason Sudeikis) returns to AFC Richmond, taking on his biggest challenge yet – coaching the club's newly formed second-division women's football team – in the fourth season of the Emmy-winning comedy. Hannah Waddingham, Juno Temple, Brett Goldstein and Brendan Hunt all reprise their roles. See feature, page 6.

Star Wars: Visions Presents – The Ninth Jedi

Wednesday 5 August

The anime spin-off series picks up the action not long after the events of the *Star Wars: Visions* shorts *The Ninth Jedi* and *The Ninth Jedi: Child of Hope*. While continuing to train in the ways of the Jedi, Lah Kara embarks on a quest to save her father with other Jedi-in-training.

Big Chicken: A Fast Food Conspiracy

Wednesday 5 August

Investigative documentary. Comedian Mo Gilligan travels around the UK and the US eating fried chicken three times a day for 28 days straight to discover the impact of the craving on our health and the planet as well as finding out about the industry behind it – from fast-food chains to large-scale farming.

Wizards Beyond Waverly Place

Wednesday 5 August

The third and final season of the fantasy teen comedy, set 15 years after the events of *Wizards of Waverly Place*. The original show's star Selena Gomez makes her directorial debut with the first episode and will also reprise her role of wizard Alex Russo in multiple episodes.

Let's Marry Harry

Wednesday 5 August

Too Hot to Handle and *Perfect Match*'s Harry Jowsey takes part in his third reality dating series in which he hopes to find lasting love. A trio of his closest friends will help the Australian choose a potential bride from 20 hopefuls.

One Hundred Years of Solitude

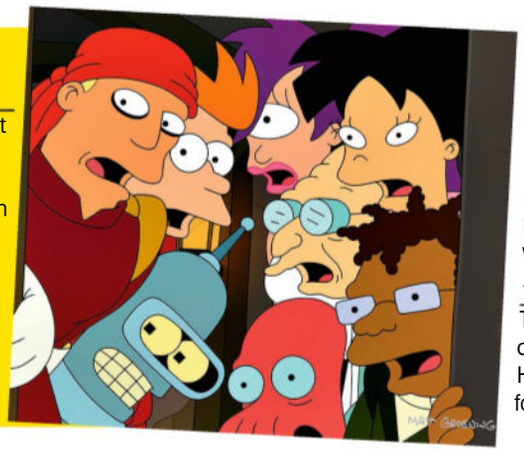
Wednesday 5 August

The second season of the Colombian drama based on Gabriel García Márquez's novel that tells the story of seven generations of the Buendía family in the town of Macondo.

Futurama

Monday 3 August

The employees of the Planet Express interplanetary delivery company return for more adventures in the 14th season of Matt Groening's animated sci-fi comedy. This time, the crew tackles swaggering space pirates and engages in the illegal production of synthetic, lab-grown meats.



WWE SummerSlam

Saturday 1 August

The US Bank Stadium in Minneapolis hosts the WWE SummerSlam over two nights, starting today at 11pm and continuing tomorrow. The match card includes Roman Reigns versus Seth Rollins for the WWE World Heavyweight Championship and Oba Femi v Brock Lesnar in a Hell in a Cell match.

Sterling Point

Wednesday 5 August

Coming-of-age drama. Seventeen-year-old Annie Jacobson (Ella Rubin) has been raised in New York City with her twin brother Connor (Keen Ruffalo) and her loving adoptive father (Jay Duplass). But her life takes a different turn when she inherits her mysterious grandfather's island in Canada. There, she discovers new friends, budding romances and family secrets. See feature, page 16.

The Shards

Thursday 6 August

Teen thriller created by Ryan Murphy and *American Psycho* author Bret Easton Ellis and based on his novel of the same name. Set in Los Angeles in 1981, it follows a group of privileged students at an elite prep school. The arrival of mysterious new student Robert Mallory (Homer Gere, the son of actors Richard Gere and Carey Lowell) coincides with the activities of a serial killer known as The Trawler. See feature, page 14.

My Life with the Walter Boys

Thursday 6 August

The third season of the teen drama centring on 15-year-old Jackie Howard (Nikki Rodriguez) who, following the loss of her family in a car accident, had to leave New York and adapt to a new life in rural Colorado with her guardian and a gang of rowdy boys. See feature, page 17.

Alley Cats

Friday 7 August

Adult animated comedy, created by and starring Ricky Gervais, following the misadventures of a group of foul-mouthed feral cats. Other voices include Tom Basden, Kerry Godliman, Diane Morgan, Natalie Cassidy and Tony Way. See feature, page 4.

The Last House

Friday 7 August

Horror film starring *The Morning Show*'s Greta Lee. A family of four are mysteriously sealed inside their home. With their resources dwindling, they must work together to survive against the ominous threat that is keeping them trapped.

Primitive War

Friday 7 August

Platoon meets *Jurassic Park* in this science-fiction horror film set during the Vietnam War. In 1968, a reconnaissance squad searching for a missing Green Beret platoon in the jungle are attacked by dinosaurs and pterosaurs. Starring *True Blood*'s Ryan Kwanten, *Lucifer*'s Tricia Helfer and *The Hunting Party*'s Nick Wechsler.

WORDS: JUDY EWENS. PHOTOS: ©2026 DISNEY AND ITS RELATED ENTITIES, GETTY

Richard E Grant

On a boat in a Maltese port

Overlooking Malta's Grand Harbour

Voyage of discovery

Richard E Grant follows in the footsteps of Greek hero Odysseus

NEW TRAVELOGUE

Richard E Grant's Very Modern Odyssey

Sunday, 8pm, C4

Sir Christopher Nolan's movie of Homer's classic Ancient Greek poem *The Odyssey* has taken the global box office by storm, with Matt Damon starring as Greek king Odysseus, who fights to return home to Ithaca after the 10-year Trojan War.

Now, also inspired by Homer's epic tales, film actor Richard E Grant embarks on his own four-episode Mediterranean journey for C4's *Richard E Grant's Very Modern Odyssey*, as he travels across Sicily, Turkey, Corfu and Ithaca, to separate the poem's myths from reality.

'Ever since I first read it at the age of 18 I've been fascinated by Homer's *Odyssey*,' says Grant, 69, whose TV credits include *The Other Bennet Sister*, *The Outlaws*, *Too Much* and *Loki*.

'It's a riveting yarn telling the legend of Odysseus who faces terrifying perils, temptations and the wrath of the gods as he battles to return home to his wife and family.

'There's an innate desire in us to make physical where these stories actually happened, so I'm trying to trace where Odysseus could or would have been.'

'I'm trying to trace where Odysseus could or would have been'

In this week's opening episode, Grant starts his voyage in Malta and its sister island, Gozo, the place many scholars believe Homer had in mind as the paradise island where the nymph Calypso kept Odysseus prisoner for seven years after his ship was wrecked in a storm.

CALYPSO'S CAVE?

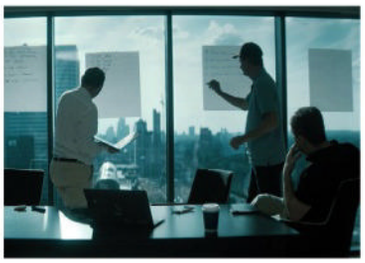
On the north-west tip of the island, Grant visits a cave that may have inspired Calypso's mythical dwelling. He also enjoys some of the Maltese islands' other sights like St John's Co-Cathedral and its stunning baroque interior, as well as Gozo's neolithic temple complex Ggantija.

Matt Damon in *The Odyssey*

TRACKING DOWN TROY

Later in the episode, Grant travels to Turkey, the legendary setting of the Trojan War. There he visits the ruined village Hisarlık, which archaeologists believe is where the ancient city of Troy once existed – and is just as Homer described it in his poem *The Iliad*.

'It seems that Homer may have based his story on real events, blurring fact and fiction into a story that has lasted more than two and a half thousand years,' says Grant. 'That's a success by any measure.'



The Salisbury Poisonings: A Spy Next Door

Tuesday, 9pm, Sky Documentaries

An account of the 2018 case which saw Russia target former spy Sergei Skripal and his daughter Yulia with the deadly Novichok nerve agent. Includes interviews with former Prime Minister Theresa May, senior intelligence officials, and Charlie Rowley, the partner of Dawn Sturgess, who died as a result of the attack.

The Victorians with Rob Rinder and Ruth Goodman

Tuesday, 9pm, 5

Rob Rinder and social historian Ruth Goodman explore how the rich and poor lived in the Victorian era. Rinder (above) reveals how businessman George Hudson made money from the railway boom, and Goodman investigates the lives of those who built the tracks, including navvy Thomas Eaton.

Voices of the Valleys

Wednesday, 8pm, Sky Arts (box set, Sky Box Sets & NOW)

In this three-parter, cameras follow three male-voice choirs from across Wales as they keep alive the tradition of song and community and prepare for performances at big events – a rugby international in Cardiff, and the national and international Eisteddfods.

Hitler's Games: Berlin 1936 in Colour

Saturday, 8pm, C4

Colourised footage brings to life the Berlin Olympic Games when Adolf Hitler used the event to promote Nazi ideology. Germany's Jewish athletes were banned from competing, but Hitler's hateful views on Aryan superiority were undermined by athletes like USA's Jesse Owens who won four gold medals.

Barrow: The Truth Behind the Grooming Lie

Sunday, 9pm, Sky Documentaries (box set, Sky Box Sets & NOW)

Eleanor Williams (above, left) from Barrow-in-Furness was jailed for eight and a half years after making false claims of rape, grooming and trafficking between 2017 and 2020. This three-parter places her case in the context of public concern over grooming scandals.

Katarina Johnson-Thompson

With her father Ricardo

Leaping into history

Katarina Johnson-Thompson on finding inspirational relatives in her Bahamian family tree

LAST ONE FACTUAL

Who Do You Think You Are?

Thursday, 9pm, BBC1

When Katarina Johnson-Thompson explored her roots for BBC1's *Who Do You Think You Are?*, she was moved to learn that the grit and determination that have marked her athletics career are traits she shares with her ancestors.

The Liverpudlian heptathlete, who is a double world champion and won silver at the 2024 Paris Olympics, wanted to uncover more about the forebears of her late father Ricardo Thompson, who came from the Bahamas.

'Growing up mixed-race in 1990s Liverpool was challenging. I felt stuck between two identities,' says Johnson-Thompson, 33, who is missing the Commonwealth Games in Glasgow through injury.

'My mum [Tracey] has information regarding her side, but I didn't know my dad's side well, beyond his parents, so I wanted to pay homage to him and find out more.'

LANDOWNER

In the Bahamas, she discovered that her paternal four-times-great-grandfather Clarence Farrington bought land in the 1850s, 20 years after the British abolished slavery across its colonies. She also traced her two-times-great-grandfather Matthew Farrington, who moved from the Bahamas to Florida in 1913 in search of a better life.

'They were enslaved and then granted their freedom and had their own land. It was a story of hope,' she says. 'Matthew had wanderlust and was ready to seize the world. I could relate to him as that's what I did with my athletics.'

But racial segregation was prevalent in some southern US states, and Matthew's family experienced oppression from white supremacists including the Ku Klux Klan.

'They faced racism, and the feeling that they didn't belong there. It was tough to hear and an intense emotional journey,' explains Johnson-Thompson.

FIGHTING FOR RIGHTS

The athlete was also thrilled to learn about her great-grandmother Clara Thompson, Matthew's daughter, a key member of a Miami church that supported the civil-rights movement in the 1960s. Clara registered to vote in 1966 after the Voting Rights Act, preventing discrimination against African American voters, was passed the previous year.

'Clara was a strong, independent woman,' reflects Johnson-Thompson. 'I've taken away the sense of identity my Bahamian side had. And I've done my dad proud by telling these stories of his family.'

WORDS: CAREN CLARK, HANNAH DAVIES. PHOTOS: 5, BBC, C4, GETTY, SKY

Films ick of this

MOVIE OF THE WEEK

TUNER

Leo Woodall's aural sensitivity enables him to be the perfect safecracker...

CRIME THRILLER

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★★

A gifted piano tuner turns his talents to safecracking in this intricately plotted, enormously entertaining thriller starring fast-rising British actor Leo Woodall alongside Dustin Hoffman and Havana Rose Liu.

Woodall's Niki is a former musical prodigy whose potential was thwarted when he developed a sensitivity to sound so intense that he has to go around wearing earplugs and headphones to block out 'how loud the world is'. Nevertheless, working with his fatherly mentor Harry (Hoffman), he makes his living servicing the pianos of musical conservatories in New York and the mega rich on Long Island.

The latter, who regard the instruments they own simply as decoration, typically ask the pair if, while they are at it, they wouldn't mind fixing the wifi or the plumbing as well. It's rich folk like these who are the target of a gang of thieves Niki stumbles upon during one of his jobs, and it isn't long before he's pulled into their schemes...

Tuner does, admittedly, rely on some whopping plot contrivances, but by the time the crime story elements click into place the film has already won us over with its mix of drama, comedy and romance. Hoffman and Liu (who plays Niki's love interest, budding composer Ruthie) are both utterly charming, but it's the charismatic Woodall who carries the movie through the story's twists and turns.

Add a spot-on jazz soundtrack featuring the likes of Herbie Hancock (who also has a cameo), Dave Brubeck, Charles Mingus, Nina Simone and Oscar Peterson, and *Tuner* is nearly pitch perfect. 2026, 15, 107MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner >>>

week's Best Movies

SCI-FI ROMANCE

Love Me

Saturday, 10.25am, Sky Premiere ★★★

It's not often you come across a movie that doesn't work, but is fascinating all the same. *Love Me* takes on some almighty questions and uses inventive ways to tackle them (including animation), but ultimately feels like a cast-off *Black Mirror* episode. After a stunning swirl through our history, we are introduced to an AI buoy stuck in a post-human world, who makes contact with a satellite that contains all the internet history of Earth. Through YouTube influencer couple Deja (Kristen Stewart) and Liam (Steven Yeun), these two machines learn to become sentient – at least as seen through the prism of social media. Spanning millennia, the movie shows how they develop and grow, asking philosophical questions along the way. It's a strange, wonderful failure. 2025, 15, 92MIN

Backed up: Steven and Kristen

Legendary: Peter

COMEDY DRAMA

The Fall of Sir Douglas Weatherford

On now, Mubi ★★★

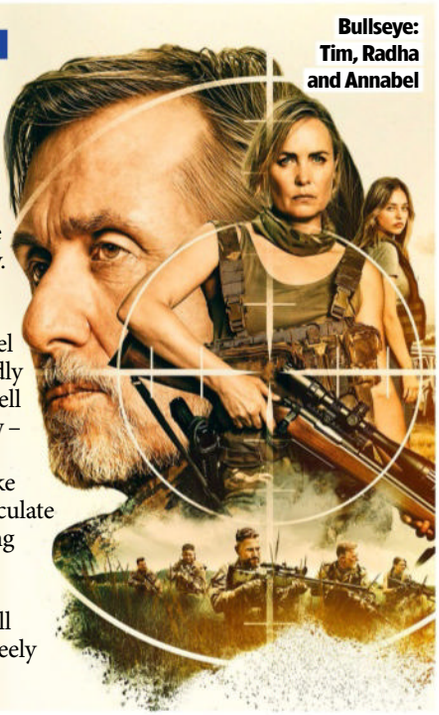
The ever consistent Peter Mullan delivers another standout performance in this darkly comic Scottish movie, playing a lonely, proud widower becoming unhinged when a TV show descends on his local village. He's Kenneth McKay, a distant relative of a minor 18th-century lord who has a tiny museum dedicated to him where Kenneth works. Distraught when a *Game of Thrones*-like series starts shooting in town, taking over everything, from the museum, the pub and the surrounding Scottish countryside, Kenneth tries to make a film about his ancestor, but as it falls apart, so does his mental state. A strange little film, it is slight and doesn't quite hit the goals it seems to set itself, but Mullan is a joy to watch, giving his all to a complex character railing against modernity. From 31 July. 2026, 15, 95MIN

THRILLER

Seven Snipers

Friday, 8.20am & 8pm, Sky Premiere ★★★

A supremely tight, lean thriller from Australia, this wastes as little time as possible with exposition and backstory. On her farmland, ex-military Radha Mitchell and her 16-year-old daughter (Annabel Wolfe) become prey for a deadly warlord (Tim Roth), so Mitchell calls up her old ex-sniper crew – including Ioan Gruffudd and Damien Ryan – to help her take him out. But Roth is an immaculate shot... It's a tense, nerve-rattling movie, with director Sandra Sciberras using silence to devasting effect, while Mitchell dominates the movie with a steely grip. 2025, 15, 88MIN



Bullseye: Tim, Radha and Annabel

HORROR

Heretic

Saturday, 9.35pm, Sky Premiere ★★★★

In some quiet town in the US, two young Mormon girls (Chloe East and Sophie Thatcher) are out trying to spread 'The Word'. But no one wants it. Not until they knock on the door of friendly Hugh Grant, that is, who invites them in. The girls slowly realise, though, that this is a house with no escape – unless you put your faith to the test... This serpentine chiller cleverly twists the knife when it comes to organised religion before diving headlong into pure horror. East and Thatcher are excellent, but this is Grant's film and he takes his off-kilter genial manner and fuses it with a softly spoken malevolence. 2024, 15, 111MIN

Manipulator: Hugh

Films

MUSIC BIOPIC

Song Sung Blue

Friday, 6am & 3.40pm, Sky Premiere ★★★

Hearty, full-throated performances by Hugh Jackman and Kate Hudson lift up this tear-tugging, sometimes cheesy musical biopic about a pair of struggling Milwaukee musicians who find romance and success (of a kind) as a Neil Diamond tribute act.

Jackman's car mechanic Mike is a divorced Vietnam veteran, recovering alcoholic and part-time performer who joins forces in the late 1980s with Hudson's single mother Claire, a hairdresser and occasional Patsy Cline impersonator. Together, they belt out Diamond classics as Lightning & Thunder, fall in love, and win local renown, only to be hit by a series of offstage calamities.

Inspired by a 2008 documentary about the couple, this movie by writer-director Craig Brewer (whose spotty career includes the remake of *Footloose* and a number of Eddie Murphy movies) hits some fairly predictable dramatic beats but has a story so outlandish it can only be true. *Song Sung Blue* won't work for everyone, but its sincerity is never in doubt. Like Diamond's songs, the film wears its heart on its sleeve while Jackman and Hudson radiate chemistry and charm. 2025, 12, 132MIN

Diamond duo: Kate and Hugh

Hidden gems Great movies you might have missed...

ROMANCE

Before Sunrise

HBO Max ★★★★

Director Richard Linklater's genuinely touching story of two people who meet, but must part when the sun comes up. Ethan Hawke is an American student traveller, on the final leg of his European trip before embarking home. But on the last day, he meets French girl Julie Delpy. They instantly click. But his plane leaves in the morning... A wonderful romance movie that feels fresh and organic, helped by the superb leads. **Beautiful.** 1995, 15, 101MIN

COMEDY

Game Night

Netflix ★★★★

This wildly entertaining comedy sees Jason Bateman and Rachel McAdams' weekly game night with their competitive pals get alarmingly out of hand after Bateman's brother Kyle Chandler becomes involved. He hires a company to stage a mystery night, but what's real and what isn't? Bateman and McAdams receive fine support from Billy Magnussen, Sharon Horgan and, best of all, Jesse Plemons as their painfully awkward neighbour. 2018, 15, 96MIN

MYSTERY CHILLER

Let the Right One In

Prime Video ★★★★

Adapted by John Ajvide Lindqvist from his own novel, this haunting Swedish chiller tells of Oskar, a lonely 12-year-old boy (Kåre Hedebrant) who strikes up an uneasy friendship with a strange girl (Lina Leandersson) of a similar age. Then a series of brutal murders takes place in the neighbourhood where the victims are drained of blood... You will definitely feel a chill from this atmospheric and refreshingly unusual take on vampirism. **Subtitled.** 2008, 15, 110MIN

Saturday 1 August

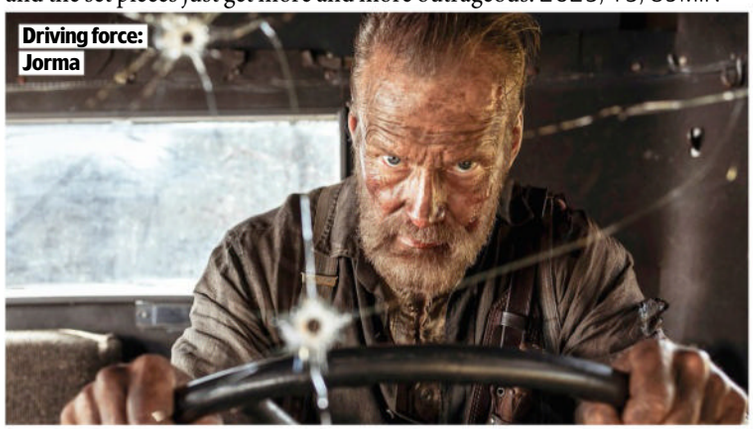
ACTION

Sisu: Road to Revenge

9.40am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Letting his expressive face do the talking, the superb Jorma Tommila is back as the strong, silent hero in this blast 'em up sequel to savour. It's 1946 on the Finnish/Soviet border and he's packed his house on a lorry to find a safe place to live (along with his cute dog). But that's not easy with scene-stealing Stephen Lang (the Russian villain who killed Tommila's family) on his tail. And so begins a marvellous story in which bad-guy extras are blown up, bludgeoned, stabbed, run over and decapitated while the protagonists wage war in planes, trains and automobiles. There's not a wasted moment and the set pieces just get more and more outrageous. 2025, 15, 89MIN



Driving force: Jorma

CLASSIC DRAMA

On the Waterfront

10.05am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A masterpiece of 1950s cinema, this gripping, moving drama won eight Oscars, including one for Marlon Brando, at the top of his game as dock worker Terry Molloy who faces up to Lee J Cobb's crooked union boss. His 'I could have been a contender!' exchange with Rod Steiger is the most famous moment, but his scenes with Eva Marie Saint and the one on the tenement roof with his racing pigeons are also put across with a rare tenderness, while that amazing ending almost makes being beaten up seem like a work of art. 1954, PG, 108MIN

COMEDY ADVENTURE

The Lost City

5.25pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Successful-but-adrift novelist Sandra Bullock is kidnapped by Daniel Radcliffe's billionaire who thinks her knowledge of dead languages will help him find a fortune on a remote island. And stumbling to her rescue is model Channing Tatum... The game stars share sturdy star chemistry as the love/hate gears run their course amid scenes of campfire-building, hammock-wrangling and leech-tackling. Also a hoot are Da'Vine Joy Randolph, Oscar Nunez, Brad Pitt and Randy the goat. It could have been snappier, but is rollicking good fun while it lasts. 2022, 12, 112MIN

THRILLER

Casino Royale

8pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Looking as if he could do some serious damage in close combat, a confident Daniel Craig's first James Bond mission goes back to basics, closely adhering to both the story and tone of Ian Fleming's 1953 novel. The plot whisks Craig from London to Africa to the Caribbean on the trail of Mads Mikkelsen's crooked financier who is using acts of terrorism to manipulate the world's money markets. Along the way, Bond romances the enigmatic Eva Green and gets behind the wheel of an Aston Martin DB5 for the first time since *Thunderball*. 2006, 12, 144MIN

CRIME DRAMA

American Gangster

10pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A slow-burning real-life crime drama with Denzel Washington as chauffeur Frank Lucas, who reinvented himself as a crime kingpin in 1970s New York, using the Vietnam War as a cover for importing heroin from Asia and building a vast criminal empire from the proceeds. His rise up the underworld ladder is juxtaposed with the dogged determination of idealistic cop Richie Roberts, played with gruff charm by Russell Crowe, to bring Lucas down. 2007, 18, 157MIN

■ Full listings start on p35

Sunday 2 August

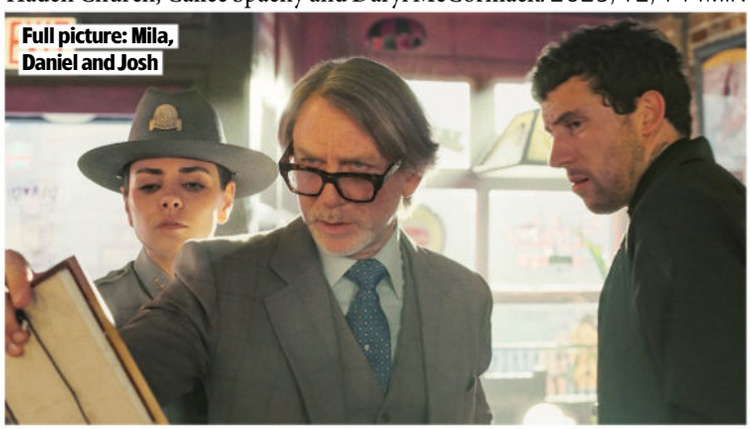
WHODUNNIT

Wake Up Dead Man: A Knives Out Mystery

On now, Netflix ★★★★★

Sex ●●● Violence ●●● Language ●●●

Did Josh O'Connor's ex-boxer-turned-priest kill his fire-and-brimstone boss (Josh Brolin) at a small, posh parish in upstate New York? It seems no else could have, but police chief Mila Kunis calls in famed sleuth Benoit Blanc (Daniel Craig) to investigate. Writer-director Rian Johnson's third – and best – *Knives Out* film is put together with meticulous care and not a little humour, with the pitch-perfect pairing of Craig and O'Connor at its core. And it's helped along no end by a talented line-up of starry suspects – Jeremy Renner, Glenn Close, Kerry Washington, Andrew Scott, Thomas Haden Church, Cailee Spaeny and Daryl McCormack. 2025, 12, 144MIN



Full picture: Mila, Daniel and Josh

ANIMATION

Puss in Boots

2.15pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Puss in Boots, the swashbuckling feline sidekick from the *Shrek* films, gets his first spin-off adventure, and what a joy it is. With his suavity and swagger, it's a delight to see Antonio Banderas' Puss strut his stuff through a witty mash-up of fairy tales and spaghetti westerns, along with Salma Hayek's slinky cat thief Kitty Softpaws, Zach Galifianakis' scheming Humpty Dumpty, and Billy Bob Thornton and Amy Sedaris as a very hillbilly Jack and Jill. There are some rattling chases and sword fights, plus lots of visual gags and delightful verbal sparring. 2011, U, 90MIN

BIOPIC

Erin Brockovich

10.05pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

At her most appealing, Julia Roberts grabs one of her best roles as the sassy, eager-beaver real-life hero of the title who triumphs over apparently insurmountable odds. Divorced, broke and with three kids, she talks her way into a job with Albert Finney's law firm. And soon she's rooting out a massive cover-up involving contaminated water. Spirited, intelligent and often very funny, this drama keeps you on the edge of your seat as she powers her way through the opposition to go for the largest direct-action lawsuit in US history. 2000, 15, 133MIN

SURVIVAL DRAMA

The Impossible

10.30pm, BBC1 (11.30pm NI, 12.15am Scot) ★★★★

Sex ●●● Violence ●●● Language ●●●

Based on the experiences of a Spanish family caught up in the 2004 Indian Ocean tsunami, this drama stars Naomi Watts and Ewan McGregor as a British couple on holiday in Thailand with their three young sons when the wave strikes with terrifying speed, separating Watts and eldest son Tom Holland from McGregor and younger boys Samuel Joslin and Oaklee Pendergast. Director Juan Antonio Bayona conveys the force of the tsunami brilliantly, but it's the way its aftermath is handled that really distinguishes the film. 2012, 12, 114MIN

COMEDY

Withnail & I

11.40pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Bruce Robinson's brilliant, oft-quoted masterpiece is one of the great British comedies. Making an outstanding film debut, Richard E Grant is Withnail and Paul McGann is I. They're out-of-work actors in the 1960s who share a squalid Camden flat. In need of a break, they head to the Penrith holiday cottage owned by Withnail's eccentric, flamboyant uncle Monty (Richard Griffiths). But the holiday is not all it's cracked up to be... 1986, 15, 107MIN

■ Full listings start on p45

Weekday movies over page

Monday 3 August

PRISON DRAMA

Sing Sing

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Set in the infamous New York penitentiary of the title, this is a prison drama with a difference. With the exception of a handful of professional actors, including charismatic star Colman Domingo, the cast (including Clarence Maclin) is made up of ex-inmates playing versions of themselves. They have been through the jail's Rehabilitation Through the Arts scheme and the film shows it in action, following inmates as they workshop and rehearse a zany comedy. A stirring tribute to the healing power of art. 2023, 15, 106MIN

Acting up: Colman and Clarence

ANIMATION

PAW Patrol: The Movie

11am, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

The animated hit show for the under-six crowd is polished up with some much improved CGI, with boy Ryder taking his talking rescue team of puppies to Adventure City, where Mayor Humdinger is causing havoc. Sweet and tame, it emphasises teamwork and friendship above all. Will Brisbin and Ron Pardo head the vocal talent, while the likes of Tyler Perry and Kim Kardashian provide big-name cameos. 2021, U, 86MIN

THRILLER

Juror #2

6pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A jury is certain that a man (Gabriel Basso) accused of murdering his girlfriend after a quarrel in a bar is guilty. Except for Nicholas Hoult. Why his juror is holding out slowly becomes clear in Clint Eastwood's film, which tells its story in an unfussy but gripping way. Hoult is excellent and there's superb support from Toni Collette as the prosecutor and JK Simmons as a suspicious retired detective and fellow juror. 2024, 12, 114MIN

CRIME COMEDY

Logan Lucky

12noon & 12m't, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

An appealingly laid-back crime comedy revolving around an elaborate raid on the Charlotte Motor Speedway– during the biggest Nascar race of the season – which has been cooked up by Channing Tatum's Jimmy Logan. Tatum has Adam Driver, Riley Keough and Daniel Craig on his team, and the engaging supporting cast includes Katie Holmes, Hilary Swank and Seth MacFarlane. 2017, 12, 116MIN

HORROR

The Mist

10.45pm, BBC1 (11.15pm Scot, 11.25pm N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Thomas Jane is with his son in a supermarket when a thick fog descends and they are trapped, while outside something starts picking people off. This Stephen King story, directed by Frank Darabont (who also made *The Shawshank Redemption* and *The Green Mile*) may have silly monsters but the final twist is one of the most shocking in chiller history. 2010, 15, 126MIN

■ Full listings start on p55

Tuesday 4 August

SUPERHERO

Superman

10.35pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Skipping familiar origins stuff, writer-director James Gunn's reboot for the iconic superhero throws us into the midst of the plot from the opening scene. It's a daring choice but it works well. Battered by his first defeat, Superman (David Corenswet) needs to get his strength back to tackle a storm of media hatred stoked by Nicholas Hoult's billionaire Lex Luthor. Rachel Brosnahan makes a delightful Lois Lane and her flirtatious play with Superman/Clark Kent is great fun in a thoroughly entertaining film. 2025, 12, 129MIN

Rich pickings: Nicholas and David

THRILLER

The Dry

6am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A parched, drought-hit Outback town is fertile territory for secrets and lies in this thriller based on Jane Harper's novel. Eric Bana is superb as a haunted cop forced to go back to his hometown after his childhood pal has, apparently, shot his wife, kid and then turned the gun on himself. But Bana's presence opens up bitter wounds of a murder 20 years earlier. Wonderfully acted and well paced, this is gripping. 2020, 15, 117MIN

DRAMA

The Last Bus

11.05pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

An ailing OAP (Timothy Spall) journeys from John O'Groats to Land's End using just his bus pass and the kindness of strangers. Along the way, he stands up to racists, encounters lairy hen parties and confronts a mean ticket inspector, becoming an unwitting social media star as fellow passengers catch his antics on their mobiles. Sometimes groan-worthy and cheesy, but always charming, this is a gentle, ultimately moving trip. 2021, 12, 86MIN

SUPERHERO

Shazam!

2.15pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

A 14-year-old foster kid, Billy (Asher Angel), ends up able to turn himself into a mighty superhero (Zachary Levi) when he says the magic word of the title. Levi has a ball and gets the silliness just right, especially when flexing his new powers for the first time. Things get a little darker when Mark Strong's embittered villain, Dr Thaddeus Sivana, is on the scene, but refreshingly for DC, the overall mood is one of playful, frivolous fun. 2019, 12, 132MIN

WAR DRAMA

Full Metal Jacket

4.30am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Stanley Kubrick's bleak but compelling Vietnam War film follows a group of raw recruits, including Matthew Modine, as R Lee Ermey (a former real-life drill sergeant) sadistically puts them through their gruelling training. Then they go off to Vietnam (actually filmed in London's docklands) to do battle, transformed from human beings into killing machines. 1987, 15, 115MIN

■ Full listings start on p65

Wednesday

COMEDY

You're Cordially Invited

10.40pm, BBC1 (11pm Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Due to a mix-up, two wedding parties arrive at a small island, but it is only able to cater for one. Thus, the stage is set for some amusing carnage, with Will Ferrell's overly doting dad

By the book: Will and Reese

ANIMATION

Happy Feet

7.30am, Sky Animation ★★★★

Sex ●●● Violence ●●● Language ●●●

This wonderful cartoon musical about a misfit tap-dancing penguin (voiced by Elijah Wood) weaves a magic spell and overflows with cuteness and good humour. Whether on a belly-slide down a glacier or bursting into renditions of *Boogie Wonderland* and *My Way* in Spanish, the brilliantly rendered penguins are an absolute delight and the Antarctic landscapes are breathtaking. 2006, U, 108MIN

CLASSIC ADVENTURE

The African Queen

12.45pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

John Huston's classic stars Oscar-winning Humphrey Bogart as irascible hero Charlie Allnut and Katharine Hepburn as a prim missionary Rose. She hops aboard his steamboat, gradually warms to his dissolute ways and persuades him to attack a German gunboat. Even if Huston was more interested in bagging himself an elephant on safari than in directing the film, he still managed to make a masterpiece. 1951, U, 100MIN

5 August

organising daughter Geraldine Viswanathan's big day, while Reese Witherspoon handles her sister Meredith Hagner's nuptials. Ferrell and Witherspoon are expert comics and spark off of each another skilfully, ensuring that this comedy sparkles through all the typical misunderstandings and mishaps. 2025, 15, 109MIN

ACTION

Speed

9pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

As with all the best action films, this thriller revolves around a simple plot: Dennis Hopper wires a bus to explode if it slows to under 50mph and challenges maverick cop Keanu Reeves to defuse it. Sandra Bullock is the real star of the show, though, as the passenger thrust behind the wheel of the speeding vehicle. Breathlessly paced, the film builds up nail-biting tension and also has a winning line in humour. 1994, 15, 1116MIN

ACTION

Ambulance

11.15pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Jake Gyllenhaal ropes in brother Yahya Abdul-Mateen II to relieve the LA Federal Bank of $32million. Inevitably, the heist goes wrong and they hijack an ambulance to escape. But a shot cop's bleeding in the back, attended to by gutsy paramedic Eiza Gonzalez. Cameras plunging and swirling, director Michael Bay's dizzying demolition derby is a non-stop thrill ride. 2022, 15, 136MIN

■ Full listings start on p75

Thursday 6 August

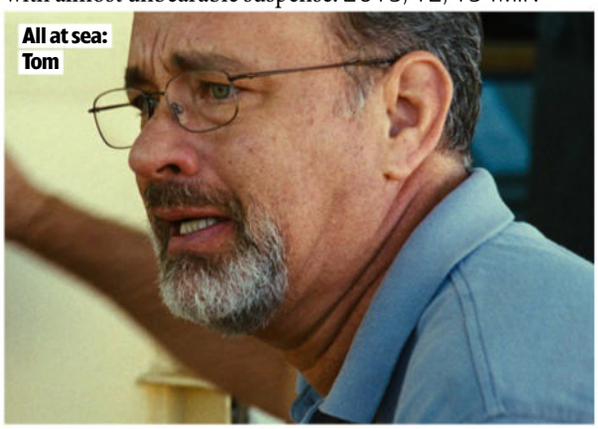
THRILLER

Captain Phillips

9pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Paul Greengrass ramps up the edge-of-seat tension in this shattering thriller about the hijacking of the American container ship *Maersk Alabama* by Somali pirates in 2009. At the story's heart are two men from very different worlds, the ship's veteran captain, Richard Phillips (outstandingly played by Tom Hanks), and Muse (Oscar-nominated Barkhad Abdi), the desperate young man leading the four-man pirate crew. Their battle of wits unfolds with almost unbearable suspense. 2013, 12, 134MIN



All at sea: Tom

THRILLER

Hallow Road

8am & 4am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Apart from voices over a mobile phone, this lean chiller is a two-hander set almost entirely within the confines of a car. Parents Rosamund Pike and Matthew Rhys are racing in their vehicle to get to their daughter, who seems to have been involved in a tragic crash. Pike and Rhys are astonishingly captivating as events and revelations unfold, resulting in a brilliantly compelling journey. 2025, 15, 81MIN

BIOPIC

The Electrical Life of Louis Wain

6.45pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

An ideally cast Benedict Cumberbatch is wannabe inventor and artist Louis Wain in this stylised, funny and moving biopic that spans his life from 1881 to 1925. Claire Foy provides the film's heart and is also perfect as governess Emily Richardson who, in a class-crossing taboo, he marries, while their moggy inspires his famous paintings of cartoony cats (Wain was credited with popularising them as pets). 2021, 12, 111MIN

CLASSIC ADVENTURE

Jurassic Park

8pm, Sky Box Set ★★★★★

Sex ●●● Violence ●●● Language ●●●

Real dinosaurs are the big attraction at Richard Attenborough's new theme park – until they go on the rampage... Steven Spielberg's spectacular monster movie combines expertly paced suspense and more than a little wit. From towering T-rex to vicious velociraptor, the beasties are superbly realised, terrifying the likes of Sam Neill (who died last month), Bob Peck, Laura Dern and Jeff Goldblum. 1993, PG, 127MIN

DRAMA

Women Talking

11.05pm, BBC2 (12m't N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Secretly doped and raped for years, the women in a religious community have a choice – face their attackers or flee. Claire Foy intends to fight, clashing with Jessie Buckley, who's sure flight is right. Based on Miriam Toews' fact-based novel, the film is gripping and daring and, with a cast that also includes Frances McDormand, it's an acting tour de force. 2022, 15, 104MIN

■ Full listings start on p85

Friday 7 August

HORROR

Last Night in Soho

11.50pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

London fashion student Ellie (Thomasin McKenzie) finds herself magically transported back to the Swinging Sixties, which she sees through the eyes of Anya Taylor-Joy's glam wannabe singer Sandie – but there's darkness lurking under the neon splendour… Director Edgar Wright's dazzling, thrilling and frightening slice of fun boasts a killer soundtrack and fine performances from the leads, a menacing Matt Smith and delightful appearances from 1960s icons Terence Stamp, Rita Tushingham and Diana Rigg. 2021, 18, 116MIN

Dark days: Anya and Matt

ACTION

John Wick

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Keanu Reeves is John Wick, a widowed ex-assassin who picks up his guns again when a Russian Mafia boss's slimy son (Alfie Allen) kills his dog, a present from his late wife. Willem Dafoe and Ian McShane lend droll support and Keanu has a blast, pulling off his improbable stunts with drop-dead cool, while director Chad Stahelski handles the absurd plot, hyper-stylised world and awesome fights with gusto. 2014, 15, 101MIN

HORROR

28 Days Later...

10.45pm, BBC1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Waking up from a coma in a deserted London hospital, Cillian Murphy discovers a virus has turned people into raging, zombie-like killers. His future looks bleak, but there are a few survivors... Danny Boyle's chilling classic builds up a great sense of menace and grips for its entire running time. The scenes set in the desolate city are particularly effective – and just wait for what happens when Christopher Eccleston appears. 2002, 18, 113MIN

DRAMA

Hoard

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This disturbing yet compelling drama is an unflinching look at the repercussions of childhood trauma. First, we meet young Maria (Lily-Beau Leach) whose troubled but loving single mum Cynthia (a terrific Hayley Squires) packs their flat full of hoarded rubbish. Then we follow Maria as a teen (Saura Lightfoot-Leon) whose feral affair with older foster brother Michael (Joseph Quinn) is making her fragile mind unravel. 2023, 18, 126MIN

COMEDY

Theater Camp

2.15am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A wonderful celebration of the 'putting on a show' genre, this improvised movie is based at a summer camp for theatrical kids. Camp leaders Ben Platt and Molly Gordon teach things such as acting, music... and past lives. But when owner Amy Sedaris has a seizure, her clueless son Jimmy Tatro steps in. It's funny, insightful and features some astonishingly talented kids. 2023, 12, 93MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** t e week's live action

THE MAIN EVENT

Josh Kerr crosses the finishing line at the London Diamond League event

Commonwealth Games

World record holder **Josh Kerr** goes for gold as the mile makes a historic return in Glasgow

LIVE MULTI-SPORT

Saturday & Sunday, TNT Sports 2, S4C, HBO Max, BBC Alba & BBC iPlayer

Scottish middle-distance runner Josh Kerr will receive a hero's welcome at the Scotstoun Stadium in Glasgow on Saturday when the Commonwealth Games track-and-field events reach a thrilling climax.

Kerr strode into the history books a few weeks ago when he smashed the world record for the mile at the London Diamond League meeting. The 28-year-old from Edinburgh ran a staggering 3.42.66 to knock almost half a second off Moroccan Hicham El Guerrouj's previous time, which had stood since 1999, and add his name to an illustrious list of British runners who have held the record – including Roger Bannister, Lord Sebastian Coe, Steve Ovett and Steve Cram.

Josh Kerr celebrates his mile world-record victory

THE MAGIC MILE

The performance was one of the greatest ever seen by a British athlete, and Kerr will be aiming to continue his superb summer with Commonwealth gold when the mile returns to the Games for the first time in 60 years.

The event has been replaced at major championships by the 1,500m, the so-called 'metric mile'. But it remains the only non-metric event to be recognised for world records and rankings, and World Athletics president Lord Sebastian Coe suggested its return at Glasgow.

'The mile is the quintessential Commonwealth athletics event,' says Coe. 'From 1930 through to 1966, the mile was the blue riband event and the magic of the mile continues to resonate with fans.'

STAR PLAYERS

It's not just the men who are getting in on the action. Saturday's athletics schedule will conclude with the first-ever women's mile, with a field featuring Australia's Jessica Hull and home favourite Jemma Reekie.

Meanwhile, the men's mile will see Kerr come up against Kenya's Timothy Cheruiyot, Australians Olli Hoare and Cameron Myers, plus his fellow Scots Jake Wightman and Neil Gourley.

'I want to be the best miler in history,' says Kerr, the 2023 world champion at 1,500m. 'And I can't ask for anything better than running the mile world record, then going after a Commonwealth gold at home.'

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, SHUTTERSTOCK

Jake Wightman

Neil Gourley

Jemma Reekie

LIVE FOOTBALL

EFL Cup

Friday, kick-off 8pm, ITV1, Sky Sports Football & Sky Sports Main Event

The English domestic season kicks off with the EFL Cup, featuring sides from the Championship and Leagues One and Two divided into northern and southern sections. The first-round live action on Friday includes the all-Championship clash between Middlesbrough and Wrexham at the Riverside Stadium after both teams missed out on promotion last season. Wrexham full-back Liberato Cacace played for New Zealand at the World Cup, while Boro's Sontje Hansen represented Curaçao and Alfie Jones was in Canada's squad. This week's other live games are Bristol City against Walsall on Thursday, and Wolves v Port Vale and Wycombe Wanderers v Stevenage on Friday (kick-offs 7.45pm, available to stream via Sky Sports+).

Wrexham's Liberato Cacace

Middlesbrough's Sontje Hansen

Beth Mooney

LIVE CRICKET

The Hundred

From Saturday, BBC2, Sky One, Sky Sports+, Sky Sports Cricket, Sky Sports Main Event & Sky Sports Mix

As the white-ball contest continues, Australian batter-wicketkeeper Beth Mooney – player of the tournament in the recent Women's T20 World Cup – comes up against England rival Alice Capsey when Trent Rockets take on Birmingham Phoenix on Wednesday at Trent Bridge. The women's match begins at 3pm, followed by the men's game at 6.30pm (BBC2 & Sky Sports).

French star Pauline Ferrand-Prévot

LIVE CYCLING

Tour de France Women

From Saturday, TNT Sports 1 & HBO Max

This year's nine-stage race is the longest (1,175km) since the event was revived in 2022 and begins with a Grand Depart on Saturday in Lausanne, Switzerland, before moving into France from stage three onwards. The course features an individual time trial on Tuesday, and crosses three mountain ranges – the Jura, Massif Central and Alps, including a summit finish atop Mont Ventoux – before finishing in Nice on Sunday 9 August. Last year, Pauline Ferrand-Prévot became the first French woman to win the yellow jersey.

Far Above Dream and jockey Hollie Doyle

LIVE HORSE RACING

Glorious Goodwood

Saturday, from 1.15pm, ITV1

The West Sussex flat-racing festival concludes on Saturday with seven races including the Stewards' Cup (3.35pm), won last year by Two Tribes under jockey David Egan. Irish-bred bay gelding Far Above Dream, trained by James Owen, is among the favourites for the six-furlong handicap this time round, with Soldier's Tree – another of Owen's horses – also in the running.

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE St Kilda Saints v Sydney Swans
Sat 6am TNT Sports 3
AFL game at Docklands Stadium.

LIVE Port Adelaide Power v GWS Giants
Sat 9.30am TNT Sports 4
The AFL match at Adelaide Oval.

LIVE Richmond Tigers v West Coast Eagles
Sat 4am TNT Sports 1
AFL at Melbourne Cricket Ground.

LIVE Gold Coast Suns v Melbourne Demons
Sun 6am TNT Sports 4
The AFL game at Carrara Stadium.

LIVE Essendon Bombers v Adelaide Crows
Sun 9am TNT Sports 4
AFL match at Docklands Stadium.

LIVE Western Bulldogs v North Melbourne Kangaroos
Thu 10.15am TNT Sports 2
AFL match at Docklands Stadium.

LIVE Brisbane Lions v Hawthorn Hawks
Fri 10.30am TNT Sports 1
The AFL match staged at Brisbane Cricket Ground.

LIVE Melbourne Demons v Fremantle Dockers
Fri 4am TNT Sports 3
AFL at Melbourne Cricket Ground.

BASEBALL

LIVE Toronto Blue Jays v St Louis Cardinals
Sat 8pm TNT Sports 4
The MLB inter-league match staged at Rogers Centre.

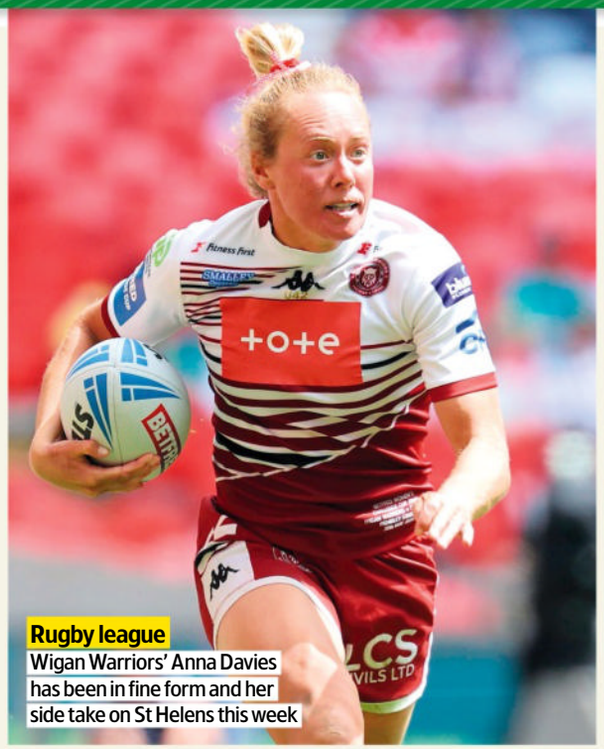
LIVE Chicago Cubs v New York Yankees
Sat 12.15am TNT Sports 1
The MLB inter-league game.

LIVE Chicago Cubs v New York Yankees
Sun 7.15pm TNT Sports 1
The MLB inter-league game staged at Wrigley Field.

LIVE Los Angeles Dodgers v Boston Red Sox
Sun 12.15am TNT Sports 1
The MLB inter-league fixture.

LIVE Texas Rangers v San Francisco Giants
Mon 1am TNT Sports 1
The MLB inter-league game.

LIVE Chicago Cubs v Los Angeles Dodgers
Tue 12m't TNT Sports 1
The MLB National League match.



Rugby league
Wigan Warriors' Anna Davies has been in fine form and her side take on St Helens this week

LIVE Chicago Cubs v Los Angeles Dodgers
Wed 7.15pm TNT Sports 1
The MLB National League fixture staged at Wrigley Field.

LIVE New York Yankees v St Louis Cardinals
Wed 12m't TNT Sports 1
The MLB inter-league match.

LIVE Milwaukee Brewers v Pittsburgh Pirates
Thu 7pm TNT Sports 1
The MLB National League match.

LIVE New York Yankees v Atlanta Braves
Fri 12m't TNT Sports 1
The MLB inter-league match.

BASKETBALL

LIVE Portland Fire v Los Angeles Sparks
Sun 8.30pm Sky Sports Action
The WNBA Western Conference match staged at Moda Center.

LIVE Atlanta Dream v Las Vegas Aces
Mon 12m't Sky Sports Action
The WNBA inter-conference match staged at Gateway Center Arena in College Park, Georgia.

LIVE Chicago Sky v Phoenix Mercury
Mon 2am Sky Sports Action
The WNBA inter-conference game staged at Wintrust Arena.

LIVE New York Liberty v Seattle Storm
Wed 12m't Sky Sports Action
The WNBA inter-conference match at Barclays Center in Brooklyn, New York.

LIVE Chicago Sky v Los Angeles Sparks
Wed 2am Sky Sports Action
The WNBA inter-conference match at Wintrust Arena.

COMBAT SPORTS

LIVE UFC Fight Night
Sat 4pm TNT Sports 3
Preliminary bouts from UFC Fight Night at Belgrade Arena in Serbia..

LIVE Uros Medic v Daniel Rodriguez
Sat 6pm TNT Sports 3
The welterweight bout staged at Belgrade Arena in Belgrade, Serbia, plus the undercard.

COMMONWEALTH GAMES

LIVE Day Nine
Sat 8.30am TNT Sports 2 & 5.30pm BBC Alba
Events scheduled in Glasgow include netball, cycling, boxing, bowls, athletics and judo. See p28.

LIVE Day 10
Sun 8.30am TNT Sports 2 & 4pm BBC Alba
The schdeuled events on the final day of the Games in Glasgow include track cycling and judo.

CRICKET

LIVE Birmingham Phoenix Women v Welsh Fire Women
Sat 10.45am Sky Sports Cricket & Sat 11am Sky Sports Main Event (play starts 11am) The Hundred match held at Edgbaston. See p29.

LIVE Birmingham Phoenix Men v Welsh Fire Men
Sat 2pm Sky Sports Main Event, Sky Sports Cricket & Sky One (play starts 2.30pm) The Hundred match at Edgbaston in Birmingham.

LIVE London Spirit Women v Southern Brave Women
Sat 2.25pm Sky Sports + & Sky Sports Mix (play starts 2.30pm) The Hundred match staged at Lord's Cricket Ground in London.

LIVE London Spirit Men v Southern Brave Men
Sat 5.30pm Sky Sports Cricket (play starts 6pm) The Hundred match staged at Lord's Cricket Ground. The hosts won this meeting last year with a comprehensive 47-run victory at this venue.

LIVE Trent Rockets Women v SunRisers Leeds Women
Sun 10.45am Sky Sports Cricket & Sky One; 11am Sky Sports Main Event (play starts 11am) The Hundred match staged at Trent Bridge, Nottingham.

LIVE Trent Rockets Men v SunRisers Leeds Men
Sun 2pm Sky Sports Cricket (play starts 2.30pm) The Hundred match at Trent Bridge.

LIVE MI London Women v Manchester Super Giants Women
Sun 2.15pm BBC2, 2.25pm Sky Sports+ & Sky Sports Mix (play starts 2.30pm) The Hundred match at The Oval.

LIVE West Indies v Pakistan
Sun 3.30pm TNT Sports 3 & Mon-Thu 2.30pm TNT Sports 2 The second and final Test in the series staged at Queen's Park Oval in Trinidad and Tobago.

LIVE MI London Men v Manchester Super Giants Men
Sun 5.30pm Sky Sports Cricket & Sky Sports Mix; 6pm BBC2 & 6.30pm Sky Sports Main Event (play starts 6pm) The Hundred match staged at The Oval in London.

LIVE Welsh Fire Women v Southern Brave Women
Mon 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred game at Sophia Gardens, Cardiff.

LIVE Welsh Fire Men v Southern Brave Men
Mon 6pm Sky Sports Cricket (play starts 6.30pm) The Hundred match held at Sophia Gardens.

LIVE SunRisers Leeds Women v London Spirit Women
Tue 2.45pm BBC2, Sky Sports Cricket & Sky Sports Mix; 3pm Sky Sports Main Event (play starts 3pm) The Hundred match staged at Headingley.

LIVE SunRisers Leeds Men v London Spirit Men
Tue 6pm BBC2, Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix (play starts 6.30pm) The Hundred match at Headingley.

LIVE Manchester Super Giants Women v Welsh Fire Women
Wed 11.15am Sky Sports Cricket & 11.30am Sky Sports Main Event (play starts11.30am) The Hundred match at Old Trafford Cricket Ground, Manchester.

LIVE Manchester Super Giants Men v Welsh Fire Men
Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket (play starts 3pm) The Hundred match at Old Trafford Cricket Ground.

LIVE Trent Rockets Women v Birmingham Phoenix Women
Wed 2.45pm BBC2; 2.55pm Sky Sports+ & Sky Sports Mix (play starts 3pm) The Hundred match staged at Trent Bridge in Nottingham. See p29.

LIVE Trent Rockets Men v Birmingham Phoenix Men
Wed 6pm BBC2, Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix (play starts 6.30pm) The Hundred match staged at Trent Bridge in Nottingham. See p29.

LIVE London Spirit Women v MI London Women
Thu 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred match at Lord's Cricket Ground.

LIVE London Spirit Men v MI London Men
Thu 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred match at Lord's.

LIVE Birmingham Phoenix Women v SunRisers Leeds Women
Fri 2.45pm Sky Sports Cricket & Fri 3pm Sky Sports Main Event (play starts 3pm) The Hundred match at Edgbaston, Birmingham.

LIVE Birmingham Phoenix Men v SunRisers Leeds Men
(play starts 6.30pm) The Hundred match at Edgbaston, Birmingham.

LIVE Jamaica Kingsmen v Antigua & Barbuda Falcons
Fri 11.30pm TNT Sports 2
The CPL match staged at Arnos Vale Stadium in Saint Vincent.

CYCLING

LIVE Tour de France Women
Sat-Tue & Thu 2.30pm, Wed 12.30pm & Fri 2.15pm TNT Sports 1
Stages one to seven. See p29.

LIVE Men's Tour of Denmark
Sun 1.30pm TNT Sports 1
The fifth and final stage of the race.

LIVE Men's Tour of Poland
Mon-Fri 11am TNT Sports 3
Stages one to five of the race.

GOLF

LIVE Women's Open
Sat & Sun 12noon Sky Sports Golf; Sun 1.30pm Sky Sports Main Event
Days three and four at Royal Lytham & St Annes Golf Club in Lancashire.

LIVE The Rocket Classic
Sat 6pm Sky Sports+; Sat & Sun 7pm Sky Sports Golf
Days three and four staged at the Detroit Golf Club in Michigan.

LIVE Wyndham Championship
Thu & Fri 11.45am & 6pm Sky Sports Golf; Thu & Fri 11.45am Sky Sports+
Days one and two from Sedgefield Country Club in North Carolina.

LIVE PIF London Championship
Thu & Fri 2pm Sky Sports Golf
The team competition staged at Centurion Club in St Albans.

LIVE LIV Golf
Thu 5.30pm & Fri 4.30pm TNT Sports 3
The 11 th round of the season staged at Trump National Golf Club Bedminster in New Jersey.

HORSE RACING

LIVE Glorious Goodwood
Sat 1.15pm ITV1
The fifth and final day. See p29

MINORITY SPORTS

LIVE London Premier Padel
Thu & Fri 10am TNT Sports 4
Men's and women's matches in the event staged at The Grand Hall at Olympia in London.

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Football planner

MOTORCYCLING

LIVE British Superbikes
Sat & Sun 1pm TNT Sports 4
Round six at Oulton Park, Cheshire.

LIVE FIM Speedway Grand Prix
Sat 5.45pm TNT Sports 1
Round seven in Lodz, Poland.

LIVE Swedish Speedway
Tue 5.55pm Premier Sports 1

LIVE MotoGP
Fri 10am & 2.15pm TNT Sports 2
The Grand Prix of Britain practice sessions staged at Silverstone.

MOTORSPORT

LIVE V8 Supercars
Sat 6am TNT Sports 4
Round eight in Perth, Australia.

LIVE World Rally Championship
Sat 6am, 7.30am, 10am & 12.30pm, Sun 8am & 11am TNT Sports 1; Sat 6pm TNT Sports 4
The Rally Finland in Jyvaskyla.

LIVE GT World Challenge Europe
Sat 7.45pm & Sun 2.15pm Sky Sports F1
The sixth round of the season staged at Circuit de Nevers Magny-Cours in France.

LIVE Indycar
Fri 10.30pm Sky Sports F1
Grand Prix of Portland first practice.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1
The Group Eight matches in the Champions League tournament.

RUGBY LEAGUE

LIVE Canberra Raiders v North Queensland Cowboys
Sat 6.15am Sky Sports Mix (kick-off 6.15am. The NRLW match staged at Geohex Park.

LIVE Penrith Panthers v Canberra Raiders
Sat 8.30am Sky Sports Action & Sky Sports+ (kick-off 8.30am) The NRL match at Glen Willow Oval in Mudgee.

LIVE Brisbane Broncos v Newcastle Knights
Sat 10.35am Sky Sports Action & Sky Sports+ (kick-off 10.35am) The NRL match held at Suncorp Stadium.

LIVE Catalans Dragons v Wakefield Trinity
Sat 7.55pm Sky Sports Action (kick-off 8pm) The Super League match from the 21st round of the season staged at Stade Gilbert Brutus in Perpignan, France.

LIVE Canterbury-Bankstown Bulldogs v Brisbane Broncos
Sat 2.35am Sky Sports Mix (kick-off 2.35am) The NRLW game from the fourth round of fixtures at Geohex Park in Wagga Wagga.

LIVE New Zealand Warriors v Gold Coast Titans
Sat 4.25am Sky Sports Mix (kick-off 4.25am) The NRLW match staged at Geohex Park.

LIVE Parramatta Eels v Newcastle Knights
Sun 6.15am Sky Sports Mix (kick-off 6.15am) The match from the fifth round of fixtures staged at Geohex Park in Wagga Wagga.

LIVE St Helens v Wigan Warriors
Thu 5pm Sky Sports Action, Sky Sports+ & Sky Sports Mix (kick-off 5.15pm) The Women's Super League match staged at BrewDog Stadium.

LIVE St Helens v Hull FC
Thu 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm) The Super League match at BrewDog Stadium.

LIVE New Zealand Warriors v Penrith Panthers
Fri 9am Sky Sports Action & Sky Sports+ (kick-off 9am) The NRL match staged at Go Media Stadium, Auckland.

LIVE Sydney Roosters v Canterbury Bulldogs
Fri 11am Sky Sports Action (kick-off 11am) The NRL match staged at Allianz Stadium.

LIVE Wakefield Trinity v Leeds Rhinos
Fri 7.30pm Sky Sports Action & Sky Sports+ (kick-off 8pm) The Super League match from the 22nd round of fixtures staged at DIY Kitchens Stadium.

LIVE Canterbury-Bankstown Bulldogs v North Queensland Cowboys
Fri 3.45am Sky Sports Mix (kick-off 3.45am) The NRLW match staged at Belmore Sports Ground in Sydney.

SKIING

LIVE FIS Summer Skijumping Grand Prix
Sat 10am & Sun 10.30am TNT Sports 3
The first stage of the season staged in Wisla, Poland.

SNOOKER

LIVE Shanghai Masters
Sat 7am & 12.30pm TNT Sports 3
The semi-finals staged at Luwan Indoor Stadium in Shanghai, China.

LIVE Shanghai Masters
Sun 7am & 12.30pm TNT Sports 3
The final staged at Luwan Indoor Stadium in Shanghai, China.

TENNIS

LIVE Los Cabos Open
Sat 6am Sky Sports Tennis
Day five of the ATP 250 event staged at Cabo Sports Complex.

LIVE Los Cabos Open
Sat 4am Sky Sports Tennis & Sky Sports+
The final of the ATP 250 event at Cabo Sports Complex in Mexico.

LIVE Washington DC Open
Sat 7pm & 11.30pm, Sun 7.30pm & 10pm Sky Sports Tennis; Sat 8pm & Sun 9pm Sky Sports Main Event
The WTA 500 and ATP 500 event held at William H.G. FitzGerald Tennis Center in the USA.

LIVE Canadian Open
Sun 4pm & 12m't, Mon-Fri 4pm Sky Sports Tennis; Sun 5.30pm, Mon & Tue 4pm, Wed 6pm, Thu & Fri 10.15pm Sky Sports+; Sun 12m't, Mon 10.15pm, Tue-Thu 9.30pm & Fri 10.45pm Sky Sports Main Event
ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.

LIVE SCOTTISH PREMIERSHIP

Aberdeen v Hearts

Sat, k-o 5.30pm, Sky Sports Football & Sky Sports Main Event

After agonisingly missing out on the title last season, Hearts hope to mount another challenge despite losing boss Derek McInnes to Rangers. Belgian coach Wouter Vrancken is his replacement, and has recruited French midfielder Tom Renaud.

LIVE SCOTTISH PREMIERSHIP

Celtic v Dundee

Mon, k-o 7.30pm, Sky Sports Football & Sky Sports Main Event

The champions are boosted by the signing of striker Colombian forward Camilo Durán from Qarabag, while Martin O'Neill has signed a one-year deal to stay on as coach after leading the Hoops to a Scottish league and Cup double.

LIVE FRIENDLY

Arsenal v Real Betis

Thursday, kick-off 7.30pm, Premier Sports 1

The Aviva Stadium in Dublin stages this pre-season friendly. With Mikel Arteta set to rest the Gunners' World Cup stars, teenagers Max Dowman and Marli Salmon could get game time. Real Betis are coached by former Manchester City and West Ham boss Manuel Pellegrini.

Saturday 1

LIVE Falkirk v St Mirren
2pm Sky Sports Football (kick-off 3pm)
The Scottish Premiership match from Falkirk Stadium, as both teams play their first league game of the new campaign. The visitors stayed in this division after beating Partick Thistle 2-1 across two legs in the relegation play-off, while Falkirk had a positive season having finished sixth in the table.

LIVE Aberdeen v Hearts
5.15pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm)
The Scottish Premiership match from Pittodrie. The visitors had a heart-breaking ending to last season after they lost 3-1 to Celtic on the final day of the campaign, as they missed out on their first top-flight title in 66 years. The Edinburgh club had led the way for most of the season but the defeat against Celtic meant their wait for a league title continued.

LIVE CF Montreal v New England Revolution
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE DC United v Nashville
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE FC Cincinnati v San Jose Earthquakes
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE Inter Miami CF v Columbus Crew
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE New York Red Bulls v Orlando City
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE Philadelphia Union v Atlanta United
12.30am Apple TV (kick-off 12.30am) MLS.

LIVE Vancouver Whitecaps v Los Angeles FC
12.30am Apple TV (kick-off 12.30am) MLS.

Sunday 2

LIVE Union Berlin v Cagliari
12.55pm Premier Sports 1 (kick-off 1pm)
The pre-season friendly from Stadion An der Alten Forsterei.

LIVE St Johnstone v Kilmarnock
1pm Sky Sports Football (kick-off 2pm)
The Scottish Premiership match staged at McDiarmid Park, as the newly-promoted hosts play their first game back in the top flight. St Johnstone finished as champions last season after finishing 11 points clear of nearest challengers Partick Thistle, while the visitors had a disappointing season as they finished just six points clear of the relegation zone.

LIVE Hibernian v Motherwell
4pm Sky Sports Football (kick-off 4.30pm)
The Scottish Premiership match staged at Easter Road, as both teams get their campaigns under way. Four points seperated these sides last season as the visitors finished fourth on 61 points, while the hosts finished in fifth place. They last faced each other in May on the final weekend of the season as Motherwell confirmed their fourth-placed finish with a 1-0 victory at this venue.

LIVE Sunderland v Wrexham
4.55pm Premier Sports 1 (kick-off 5pm)
The pre-season friendly at Subaru Park in Chester, Pennsylvania.

LIVE Newell's v Boca Juniors
8.55pm Premier Sports 2 (kick-off 9pm)
The Argentine Primera Division match from Estadio Marcelo Bielsa.

LIVE Washington Spirit v San Diego Wave FC
9pm TNT Sports 4 (kick-off 9pm)
The NWSL match at Audi Field.

LIVE River Plate v Rosario Central
11.10pm Premier Sports 2 (kick-off 11.15pm)
The Argentine Primera Division match at Estadio Mas Monumental.

Monday 3

LIVE Celtic v Dundee
6.30pm Sky Sports Main Event & Sky Sports Football (kick-off 7.30pm)
The Scottish Premiership match staged at Celtic Park, as the champions get their campaign underway. A thrilling 3-1 victory over Hearts on the final weekend of the season saw the hosts break the Edinburgh clubs' hearts and them claim their 56th league title, and their fifth in a row. The visitors finished eighth in the table last year as they finished three points behind local rivals Dundee United.

Wednesday 5

LIVE Boca Juniors v Estudiantes
10.55pm Premier Sports 2 (kick-off 11pm)
The Argentine Primera Division match from Alberto Jose Armando.

Thursday 6

LIVE Arsenal v Real Betis
7.25pm Premier Sports 1 (kick-off 7.30pm)
The pre-season friendly staged at Aviva Stadium in Dublin.

Friday 7

LIVE Middlesbrough v Wrexham
7pm Sky Sports Main Event & Sky Sports Football, 7.30pm ITV1 (kick-off 8pm)
The EFL Cup first-round fixture at Riverside Stadium. Boro will be looking to avoid a repeat of this stage last season, when they were beaten 4-0 here by Doncaster Rovers. Wrexham fared better in the competition, going on to reach the fourth round before they were eliminated by Welsh rivals Cardiff City thanks to a 2-1 defeat. See p29.

LIVE Partick Thistle v Livingston
7.25pm BBC Scotland (kick-off 7.30pm)
The Scottish Championship match at The Home of the Set Fare Arena.

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Saturday

1 August

Planner

Hitler's Games: Berlin 1936 in Colour

DOCUMENTARY C4, 8pm

Ninety years on from the Berlin Olympic Games, footage has been digitally colourised to bring to life the event that Hitler used to promote Nazi ideology, and to better show athletes such as Jesse Owens, who stood up for their beliefs.

Commonwealth Games

SPORT BBC Alba, TNT Sports & HBO Max

Today has plenty of Super Saturday potential, and one of the key events to watch will be the return of the Commonwealth Mile which should feature Scotland's Josh Kerr. Kerr recently broke the long-standing world record for the distance with an astonishing time of 3:42.66 at the London Diamond League event.

Tour de France Women

CYCLING TNT Sports 1 & HBO Max, 2.30pm

Coverage begins of the nine-stage event, which kicks off with a 138km loop in Lausanne, Switzerland. The 2023 champion and runner up in 2024 and 2025, in-form Demi Vollering is one to watch.

Heretic

HORROR

Sky Premiere, 9.35pm

Hugh Grant couldn't get further from his charming romcom characters in this jump-scare horror. Grant plays an apparently friendly stranger who invites two Mormons into his home – something they will live to regret, if they're lucky.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.40 Alan...	7.25 Michael McIntyre's Big Show		8.25 Pointless Celebrities	9.10 How Are You?...	9.40 News	10.00 Calvin Harris: Live from Scotland	
	102 BBC2	‹ 5.40 Film: Superman		7.55 Bolero at the Proms		9.10 Barbra Streisand: Becoming an Icon		10.10 Film: A Star is Born	
	103 ITV1	7.00 Deal or No Deal: Celebrity Special		8.00 Film: Casino Royale					10.40 News
	104 CHANNEL 4	‹ 5.25 Film: Lost City	7.30 News	8.00 Hitler's Games: Berlin 1936 In Colour		9.00 Dictator: The Hitler Interviews		10.00 Film: American Gangster	
	105 5	7.00 Sussex: Jewel of the South Coast		8.00 Meghan Markle: Inside the Mind of a...		9.00 Harry & Meghan: Royal Hypocrites?			10.30 Commonwealth...
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Darts		9.00 Film: Terminator 2: Judgment Day			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who				9.00 Not Going Out		9.55 Mrs Brown's Boys	
	116 BBC4	7.05 Life on Earth		8.00 Monty...	8.20 Gardeners' World		9.20 Geoff Hamilton...	9.50 The Sentinels	
	118 ITV2	‹ 6.25 Film: Mission: Impossible – Ghost Protocol				9.00 Film: John Wick			
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 6.30 Film: Battleship				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Fire Country	
	108 SKY ATLANTIC	‹ 6.35 The Gilded Age				9.00 The Five-Star Weekend			10.40 All Her...
	110 U&GOLD	7.00 Gavin & Stacey				9.00 Only Fools and Horses			
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Would I Lie to You?			9.00 QI			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	7.05 Sharpe				9.15 Film: The Long Good Friday			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Private Benjamin			
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Stargate Universe			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 The Count of Monte Cristo		10.10 Outrageous	
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Pink Floyd: A Delicate Sound of Thunder					9.25 Pink Floyd: The Endless River		10.30 Pink Floyd...
	132 U&W	7.00 Ambulance Australia				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Matt		10.00 Tanked	
	129 NAT GEO	7.00 Destruction Decoded		8.00 Car S.O.S.				10.00 Time and Water	
	123 SKY HISTORY	7.00 Britain's Most Historic Towns				9.00 Troy Story			
	155 U&YESTERDAY	7.00 Bangers & Cash: Restoring Classics				9.00 Bangers & Cash			
	114 SKY DOCS	7.00 Chernobyl: The Lost Tapes				9.00 Blur: To the End			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Kerry Godliman. (S)
11.30 **Anna Haugh's Big Irish Food Tour** Pauline McLynn takes Anna on a culinary tour of Sligo. (S)(R)
12.00 NOON **Homes Under the Hammer** Property series. (S)(R)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)
3.55 FILM **Night at the Museum 2** Fantasy comedy sequel starring Ben Stiller and Amy Adams. (S)(AD) (2009, PG, 100min) ★★★
5.35 **BBC News** (S)
5.45 **Local News** (S)
5.55 **The Hit List Celebrity Special** New edition 2/9. With Chloe Burrows, Aitch and Lisa Riley. (S)

5.55 The Hit List

6 PM
6.40 **Alan Carr's Picture Slam** New edition 3/9. Game show in which contestants from Lancashire, Birmingham and Cardiff have to identify a board full of images with a chance of winning up to £10,000 if they know them all. (S)

7 PM
7.25 **Michael McIntyre's Big Show** Holly Willoughby plays Remember Me, and Perrie Edwards is woken up for a Midnight Gameshow. With music by Busted vs McFly. (S)(R)

8 PM
8.25 **Pointless Celebrities** General knowledge quiz show, with James Jordan, Gemma Collins, Brian McFadden, Ionica Adriana, Melvin Odoom, Hayley Hasselhoff, Charlie Hedges and Melinda Messenger. (S)(R)

9 PM
9.10 **How Are You? It's Alan (Partridge)** 4/6. Alone in the Peaks with only a stick-cam, Alan explores whether nature can heal a troubled mind. (S1) (S)(R)(AD)
9.40 **BBC News** (S)

10 PM
10.00 NEW **Calvin Harris: Live from Scotland** The DJ performs a homecoming show live from Glasgow's Hampden Park. Just 20 years after playing his first-ever gig to around 300 people at Glasgow's King Tut's Wah Wah Hut, the Dumfries-born artist transforms the country's national stadium into a giant open-air club for a career-spanning set in front of more than 50,000 fans. (S)
12.00 M'T **Weather for the Week Ahead** Seven-day forecast. (S)
12.05 AM **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Children's Programmes**
9.05 **Gardeners' World** (S)(R)
10.05 FILM **On the Waterfront** Oscar-winning drama starring Marlon Brando and Eva Marie Saint. (S) (1954, b/w, PG, 105min) ★★★★★
11.50 **The Great British Sewing Bee** Reduce, reuse, recycle week. (S)(R)
12.50 PM **A Cook Abroad: Rachel Khoo's Malaysia** (S)(R)(AD)
1.50 FILM **Meet Me in St Louis** Classic musical starring Judy Garland, Margaret O'Brien and Mary Astor. (S) (1944, U, 110min) ★★★★
3.40 **Fake or Fortune?** (S)(R)(AD)
4.40 **Evolution** A look into the evolution of the bat. (S)(R)(AD)
5.40 FILM **Superman** Sci-fi adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder. (S) (1978, PG, 135min) ★★★★

7.55 Bolero at the Proms

6 PM
FILM **Superman** (film started at 5.40pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM
7.55 **Bolero at the Proms** New edition Nick Mohammed is joined by *Strictly Come Dancing* star Janette Manrara to present the Proms debut of the Spanish National Orchestra from the Royal Albert Hall. Under chief conductor David Afkham, the orchestra performs music inspired by Spain, including Ravel's *Boléro*, Rodrigo's *Concierto de Aranjuez*, with Spanish guitarist Rafael Aguirre as soloist, and Manuel de Falla's *The Three-Cornered Hat*. (S)

8 PM

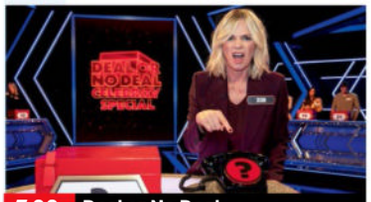
9 PM
9.10 **Barbra Streisand: Becoming an Icon** A look at the actor and singer's rise to stardom from her roots in working-class Brooklyn, and the achievements of her early career. (S)(R)

10 PM
10.10 FILM **A Star Is Born** Musical drama about the romance between a fading rock star and an up-and-coming singer, starring Barbra Streisand and Kris Kristofferson. (S) (1976, 15, 135min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Golf: Women's Open Highlights** Action from day three of the Major, held at Royal Lytham & St Annes Golf Club. (S)
1.25 **Sign Zone: Who Do You Think You Are?** Adeel Akhtar wants to know how his ancestors came from India to Kenya, and makes a surprising discovery. (S)(R)(AD)
2.25 **Sign Zone: The Rapture** (S)(R)
3.25 **to 6.40** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's French Adventure** (S)(R)(AD)
6.30 **James Martin's American Adventure** Sonoma. (S)(R)(AD)
7.25 **Love Your Weekend with Alan Titchmarsh** With Adam Kay. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Kelly Brook. (S)(R)
12.00 NOON **Prue Leith's Cotswold Kitchen** With Lulu. (S)(R)(AD)
1.00 PM **ITV News** (S)
1.15 LIVE **Racing: Glorious Goodwood** Coverage of the fifth day of the meeting, including the Coral Stewards' Cup. (S)
4.30 FILM **Nanny McPhee & The Big Bang** Family comedy fantasy sequel starring Emma Thompson and Maggie Gyllenhaal. (S)(AD) (2010, U, 120min) ★★★


7.00 Deal or No Deal

6 PM
6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **Deal or No Deal: Celebrity Special** New edition Stephen Mulhern hosts the game show as Zoe Ball takes on the Banker in the hope of winning money for her chosen charity. (S)(AD)

8 PM
8.00 FILM **Casino Royale** James Bond action thriller portraying the early career of Ian Fleming's celebrated spy, starring Daniel Craig and Eva Green. James Bond seeks to bankrupt a terrorist banker by beating him in a high-stakes poker game. With Judi Dench and Mads Mikkelsen. (S)(AD) (2006, 12, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

10 PM
10.40 **ITV News** (S)
10.55 **The Staircase** New episode *The Great Dissembler*: 3/8. As the DA's office attempts to solidify their case, shocking new details surface that threaten to derail the defence. *Previously shown on Sky Atlantic*. (S1) (S)(AD)
■ Entire series on ITVX
12.15 AM **Teleshopping**
3.00 **Cold Case Forensics: The Death of God's Banker** A look at the death of Italian banker Roberto Calvi. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.05 AM **Cheers** 4-7/22. (S1) (S)(R)
7.55 **Everybody Loves Raymond** 12-15/25. (S7) (S)(R)(AD)
9.50 **The Simpsons** (S)(R)(AD)
11.50 **Frasier** 17-20/24. (S3) (S)(R)(AD)
1.50 PM **Four in a Bed** The first visit is to The White Lion near Crewe. (S)(R)
2.20 From Foxlow Grange in Buxton, Derbyshire. (S)(R)
2.50 Self-catering cottages in Carmarthenshire. (S)(R)
3.20 The final visit is to Tedstone Log Cabins in Herefordshire. (S)(R)
3.50 Payment Day arrives. (S)(R)
4.20 **The Dog House** A girl with Tourette's needs a special puppy to stand by her side. (S)(R)(AD)
5.25 FILM **The Lost City** Action adventure comedy starring Sandra Bullock and Channing Tatum. (S)(AD) (2022, 12, 125min) ★★★★

9.00 Dictator: The Hitler Interviews

6 PM
FILM **The Lost City** (started at 5.25pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM
7.30 **News** (S)

8 PM
8.00 NEW **Hitler's Games: Berlin 1936 In Colour** Colourised footage of the 1936 Olympics, held in Nazi Germany. This film tells the story of how Hitler used the games as propaganda. (S)(AD)

9 PM
9.00 NEW SERIES **Dictator: The Hitler Interviews** 1/3. The testimonies of those who met and knew Adolf Hitler. In the first edition, Hitler's closest friends recount his early days in politics. (S)(AD)

10 PM
10.00 FILM **American Gangster** Ridley Scott's fact-based crime drama starring Denzel Washington and Russell Crowe. A Harlem gangster makes a fortune from heroin in the 1970s but comes up against an incorruptible cop. (S)(AD) (2007, 18, 170min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Ramy** New episode 3&4/10. Double bill. (S3) (S)(AD)
2.00 **Ramsay's Kitchen Nightmares USA** In Washington. (S)(SL)(R)
2.50 **The Simpsons** (S)(R)(AD)
4.05 **Couples Come Dine with Me** From Jersey. (S)(SL)(R)
4.55 **to 5.50** AM **Location, Location, Location** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Commonwealth Games** (S)(R)
10.00 **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
12.00 NOON **Secrets of the Royal Gardens** A look at the stories behind the gardens at St James's and Kensington. (S)(R)
1.00 PM **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family. (S)
2.00 **Yorkshire: A Year in the Wild** Double bill. (S)(R)(AD)
4.00 LIVE **UK's Strongest Man** Coverage of day one from Planet Ice Milton Keynes, featuring Group A with reigning champion Paul Flynn and three-time title-winner Paul Smith among those set to be involved. (S)

7.00 Sussex: Jewel of the South...

6.55 **News** (S)

7.00 **Sussex: Jewel of the South Coast** New edition 2/5. The Rev Vanessa from Chichester shares her efforts to preserve the Cathedral and a lifeguard has a rough time. (S)

8.00 **Meghan Markle: Inside the Mind of a Duchess** A profile of the Duchess of Sussex, with psychologists, psychiatrists and branding experts analysing her public appearances. (S)(R)

9.00 **Harry & Meghan: Royal Hypocrites?** One-off documentary about the lives of the Duke and Duchess of Sussex since they left the Royal Family and began a new life on America's west coast. (S)(R)

10.30 **Commonwealth Games** Highlights from the ninth day in Glasgow, which saw gold medals awarded in boxing, athletics and para athletics, plus track cycling and para track cycling. (S)

11.30 **Scandal: The Major-Currie Affair** The affair between John Major and Edwina Currie. (S)(R)
1.00 AM **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Motorway Cops: Catching Britain's Speeders** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Hawaii Five-0** (S6) (S)(R)
8.00 **La Brea** (S2) (S)(R)(AD)
10.00 **Animal Control** New episodes 6/10. Frank and Templeton are forced to work together. (S) **10.30** 7/10. Frank and Shred track down a penguin. (S) **11.00** 8/10. Emily digs into the mystery around her team. (S) **11.30** 9/10. Frank and Victoria make a last ditch appeal to an unlikely acquaintance. (S) **12.00** NOON Series finale 10/10. The team scour the city to fill the kennel in time. (S3) (S)
12.30 PM **The Simpsons** (S)(R)
2.00 LIVE **Cricket: The Hundred** Birmingham Phoenix v Welsh Fire: The men's match from Edgbaston. Start-time is at 2.30.
5.30 **The Simpsons** (S)(R)

9.00 Terminator 2

6.00 **The Simpsons** *The Old Man and the C Student:* Bart does community service. (S)(R) **6.30** *Monty Can't Buy Me Love:* Mr Burns tries to improve his image. (S)(R)

7.00 **The Simpsons** *They Saved Lisa's Brain:* Featuring the voice of Stephen Hawking. (S)(R) **7.30** *Thirty Minutes Over Tokyo:* Homer and the family are stranded in Japan. (S)(R)

8.00 **Rob & Romesh vs Darts** The comedians meet professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Darts Championship. (S)(R)(AD)

9.00 FILM **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's destined saviour. With Linda Hamilton and Edward Furlong. (S) (1991, 15, 150min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 FILM **Rambo: First Blood Part II** Action adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. With Richard Crenna. (S) (1985, 15, 120min) ★★★
1.30 AM **The Force: Manchester** Double bill of editions. (S)(R)
3.30 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.00m't Sportscene: Premiership Highlights (S)(R) **12.30am** Weather for the Week Ahead (S) **12.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
4.45pm Tartan Tales (S)(R)
5.15-5.40pm Barra's Return of the Wild (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.45** Newyddion a'r Tywydd **7.00** Am Dro! New edition (AD) **8.00** LIVE Gemau'r Gymanwlad: Y Ras i Glasgow **10.30** Eigra **11.00-11.35pm** Stiwdio24/7

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Heaven Sent:* 11/14. Part one of two. The Doctor is stranded alone in a strange castle. **7.55** *Hell Bent:* 12/14. Part one of two. The Doctor returns to Gallifrey and faces a bitter struggle. (S9)
9.00 **Not Going Out** 3/7. Lee gets into trouble with Mollie's new head teacher. **9.30** 4/7. Lee wakes up inside a coffin. (S13)
9.55 **Mrs Brown's Boys** 6/6. Maria goes into labour. (S2) **10.25** 1/7. Agnes falls under a hypnotist's spell. (S3)
10.55 **Ghosts Australia** New episodes 4/8. Kate's mother invites herself to move in, but a ghostly plan is hatched to get rid of her. **11.20** 5/8. Kate and Sean's date night is interrupted. (S1)
■ Entire series on BBC iPlayer
11.45 **Schitt's Creek** (S2)
12.50 AM **Bluestone 42** (S3)
2.20 **Funboys** Comedy.
2.35 **BBC New Comedy Awards 2024**
3.05 **to 4.00** AM **Doctor Who**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth: A Monkey's Tale**
7.05 **Life on Earth**
8.00 NEW **Monty Don Remembers... Geoff Hamilton** The *Gardeners' World* presenter pays tribute to his predecessor.
8.20 **Gardeners' World**
9.20 **Geoff Hamilton: A Man and His Garden – The Barnsdale Story** The story of the gardener's famous Barnsdale plot.
9.50 **The Sentinels** New episode 7/8. The team experience a setback while en route to free Mazauric. **10.30** Series finale 8/8. Irène is forced to halt her investigation. Subtitled. (S1)
11.15 **Keeping Up Appearances**
11.45 **One Foot in the Grave**
12.15 AM **Lightning: Dangerous Earth** Documentary.
12.45 **Gardeners' World**
1.45 **Geoff Hamilton: A Man and His Garden – The Barnsdale Story**
2.15 **to 3.10** AM **Life on Earth**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Trucker Tony serves a menu of scallops and sea bass. **4.15** Host Anthony has his work cut out to make up for his unusual table manners. **4.50** Driving instructor Claire hosts the third dinner. **5.20** Foraging fan Richard lines up a church choir for his guests' entertainment. **5.50** Teacher Kerrie hosts the final night in Essex.
6.20 **Four in a Bed** The first destination is 35 Main Street in Pembrokeshire. **6.55** A visit to the tree-top accommodation at Chillderness in Powys. **7.25** The third visit is to Redberth Gardens in Tenby. **7.55** The final visit is to Bae Abermaw B&B, Gwynedd. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** A man is treated after a suspected heart attack, and a woman arrives after falling at home.
10.00 **24 Hours in A&E** A schoolboy is brought into A&E after being hit by a car, and doctors are concerned he may have suffered a bleed on the brain.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **The Great Australian Bake Off** Italian Week.
7.05 **Ramsay's Kitchen Nightmares USA**
8.05 **Ramsay's Hotel Hell**
10.05 FILM **Spies in Disguise** Animated adventure with the voice of Will Smith. (2019, PG, 98min) ★★★★
12.00 NOON **The Simpsons**
4.30 PM FILM **Cheaper by the Dozen** Family comedy starring Steve Martin, Bonnie Hunt and Piper Perabo. (2003, PG, 98min) ★★★
6.30 FILM **Battleship** Sci-fi action adventure starring Taylor Kitsch and Rihanna. After alien spacecraft splash down in the Pacific Ocean during an international naval exercise, a hot-headed US Navy lieutenant leads a plucky crew of survivors in a fight to save the planet. (2012, 12, 126min) ★★★
9.00 **Celebrity Gogglebox** A rolling cast of famous faces give their thought on the week's TV.
10.00 **Gogglebox** The critics share their opinions on what they have been watching.
11.00 **Gogglebox** Opinions on *First Dates: Be My Valentine* and *Bring the Drama.*
12.05 AM **First Dates**
1.05 **Below Deck: Mediterranean**
3.45 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Saturday primetime

Saturday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** A ruthless gang are caught attacking people who are wearing expensive watches. **12.40** PM A woman wins the trust of a shopkeeper before callously stealing from him. **1.20** How a shop owners confused armed robbers.
2.00 **Nothing to Declare** Ten editions of the series.

9.00 Blue Bloods

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00** **Blue Bloods** *Poetic Justice:* 8/21. Danny crosses paths with a criminal from a previous case while investigating a gang. (S13)

10 PM **10.00** **Fire Country** *Happy First Day, Manny!:* 5/20. The team respond to a fire at the local drive-in movie theatre. (S4)
11.00 **FBI: International** 4/22. (S2)
12.00 M'T **Law & Order: SVU** (S26)
1.00 AM **The Equalizer** 18/18. (S2)
2.00 **Caught on Dashcam** New edition Road disasters.
3.00 **Road Wars**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Gomorrah** 7-10/10. (S5)
12.00 NOON **The Gilded Age** Seven episodes, including at: **3.10** PM 4/8. Gladys and the duke's wedding is imminent. **4.20** 5/8. Peggy gets an opportunity from an old colleague at an event. **5.25** 6/8. Bertha encourages Gladys to stand up for herself. **6.35** 7/8. Mrs Astor discusses the future of her Newport ball with Bertha. (S3)

9.00 The Five-Star Weekend

7.45 **The Gilded Age** *My Mind Is Made Up:* 8/8. Bertha finalises the guest list for the ball and faces the fall-out from her actions, while Dr Kirkland makes a decision. (S3)

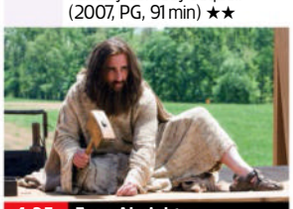
9.00 **The Five-Star Weekend** *Saturday Night: Nice Dinner Out:* 5/8. Hollis finds out Caroline's secret. **9.55** *Sunday Morning – Fun Surprise!:* 6/8. Brooke's marriage troubles show up. (S1)
10.40 **All Her Fault** 3/8. Alcaras turns his attention to the recent Chicago marathon, while Peter takes matters into his own hands. (S1)
11.40 **Homicide: Life on the Street** 1-5/22. Five episodes. (S4)
4.35 AM **Sort Of** 5/8. (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
8.05 **Dress to Impress**
10.05 **The Princess Diaries**
12.05 PM **Deal or No Deal: Banker's Best Battles**
12.35 **Wheel of Fortune**
1.40 **Celebrity Catchphrase**
2.40 FILM **Madagascar 3: Europe's Most Wanted** Animated comedy sequel. (2012, PG, 93min) ★★★★
4.25 FILM **Evan Almighty** Fantasy comedy sequel. (2007, PG, 91min) ★★



4.25 Evan Almighty

6.25 FILM **Mission: Impossible – Ghost Protocol** Action thriller with Tom Cruise and Jeremy Renner. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **John Wick** Action thriller starring Keanu Reeves and Willem Dafoe. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Family Guy** (S7&6)
12.05 AM **American Dad!** (S16)
1.05 **Plebs** 6/8. (S2)
1.35 **Totally Bonkers Guinness World Records**
2.05 **Deal or No Deal: Banker's Best Battles**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Wycliffe**
7.40 **A Touch of Frost**
9.50 **Endeavour**
11.50 **The Darling Buds of May**
2.00 PM **Midsomer Murders** *The Dogleg Murders:* Barnaby investigates a murder at a golf club. Guest stars Nicholas Le Prevost and John Standing. **4.00** *Secrets and Spies:* Barnaby's secret past as a spy is revealed. Guest stars Anna Massey and Peter Davison. **6.00** *The Black Book:* Barnaby investigates art forgery.

10.00 Vera

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *The Glitch:* A teacher is killed in a hit-and-run, and Barnaby suspects that the intended target was actually a Midsomer University science fellow. Guest stars David Haig.

10.00 **Vera** *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there.
11.50 **Inspector Morse** *The Sins of the Fathers.*
2.00 AM **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.15 **The Professionals**
8.20 **Robin of Sherwood**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **The Champions**
1.40 PM **The Professionals**
2.50 **Hornblower**
4.55 **Sharpe** *Sharpe's Enemy:* 2/3. Hakeswill returns to create more mischief for Sharpe, kidnapping an aristocrat and undermining the discipline of Wellesley's men. Guest stars Elizabeth Hurley. (S2)

9.15 The Long Good Friday

7.05 **Sharpe** *Sharpe's Honour:* 3/3. The soldier becomes a pawn in a French plot, and finds himself facing execution for murder. Determined to regain his honour, he searches for the only person who can clear his name. (S2)

9.15 FILM **The Long Good Friday** Gangster thriller starring Bob Hoskins as an East End crime boss whose underworld empire crumbles around him. With Helen Mirren, Eddie Constantine and Dave King. (1979, 18, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling – the roster includes Jon Moxley and Claudio Castagnoli.
1.35 AM **Minder**
2.30 **to 3.00** AM **Two and a Half Men**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** The team try to revive Alloa Co-op Bowling Club's sign.
8.00 **Interior Design Masters with Alan Carr** The designers work to transform common rooms at the Royal Navy Air Station in Somerset.
9.00 **Sportscene: Premiership Highlights** Action from the latest matches in the opening round of fixtures, featuring Falkirk v St Mirren at Falkirk Stadium.
9.30 **Black Watch: A Soldier's Story** Examining the National Theatre of Scotland's play *Black Watch.*
10.30 PM **to 12.00** M'T **Black Watch** A performance of the National Theatre of Scotland's play.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 1/8. (S2)
8.25 **Will & Grace** (S6)
11.00 **Breeders** 7&8/10. (S4)
12.00 NOON **Hitmen** (S1)
1.30 PM **Community** (S1)
4.00 **Will & Grace** (S2)
6.30 **The Office (US)** 3/19. Ryan returns for the first time since his promotion. **7.00** 4/19. Michael and Dwight present food gift baskets to former clients. **7.30** 5/19. The staff prepare for the new website's launch party. **8.00** 6/19. Dwight and Michael kidnap a pizza delivery boy. **8.30** 7/19. Michael asks his staff for a loan. (S4)
9.00 **Ricky Gervais: Politics**
10.30 FILM **Bill & Ted's Excellent Adventure** Fantasy comedy. (1988, PG, 87min) ★★★★
12.15 AM **Chris Fleming: Live at the Palace**
1.35 **I Love LA** 3&4/8. (S1)
2.50 **Upright** 1&2/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM FILM **Let's Dance** Musical. (1950, U) ★★
8.05 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live**
2.00 **Discovering**
3.00 FILM **The African Queen** Romantic drama. (1951, U, 100min) ★★★★★
5.00 **Katharine Hepburn: Call Me Kate**
7.00 **Pink Floyd: A Delicate Sound of Thunder**
9.25 **Pink Floyd: The Endless River**
10.30 **Pink Floyd – Live at Pompeii** From 1972.
12.10 AM **Pink Floyd: The Story of Wish You Were Here**
1.30 **The Genesis Songbook**
2.50 **Electric Light Orchestra: Live – The Early Years**
3.50 **Electric Light Orchestra: Discovery**
4.50 **Classic Albums**
5.50 **to 6.00** AM **Highlights**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Extreme Animals: One Wild Day**
5.00 **Kalahari: Land of Secret Alliances**
6.00 **Age of the Big Cats**
7.00 **Great Barrier Reef with David Attenborough**
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 FILM **The Bricklayer** Action thriller starring Aaron Eckhart and Nina Dobrev. (2023, 15, 110min) ★★
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Celebrity Lingo** Double bill of the quiz show.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Supermarket Sweep** With Andrea McLean, Nadia Sawalha, Harry Redknapp and Paul Merson.
9.00 **The Chase Celebrity Special** With Richard Bacon, Daisy Arwen Campbell, Neil Jones and Gary Wilmot.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.35 **A Place in the Sun**
11.35 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** In Glasgow.
3.00 **Renovation Rescue**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
8.00 **Extraordinary Extensions**
9.00 **Grand Designs** Building a radical, self-heating family home.
10.00 **Sarah Millican: Thoroughly Modern Millican Live** Stand-up.
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **Big Fat Quiz: Best Bits** Compilation.
1.05 **Gogglebox**
2.05 **Secret Lives of Gypsy Wives** Documentary.
3.05 **999: On the Front Line**
4.05 **to 5.05** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 11/24. Archer takes action against a Xindi plot. (S3)
4.00 **Star Trek: Voyager** 10/26. A scientist is convinced he can make contact with Voyager. **5.00** 11/26. Janeway becomes romantically entangled. **6.00** 12/26. The ship gets trapped in orbit around a planet where years pass by in mere hours. (S6)

7.00 Star Trek: Voyager

7.00 **Star Trek: Voyager** *Virtuoso:* 13/26. The crew encounter an alien race who have never heard music.
8.00 **Star Trek: Voyager** *Memorial:* 14/26. The crew return from a mission with memories of a violent massacre. (S6)
9.00 **Stargate Universe** *Water:* 6/20. Conditions on board *Destiny* deteriorate as the ship's water reserves rapidly dwindle.
10.00 **Stargate Universe** *Earth:* 7/20. Scientists on Earth propose a way to bring the crew home. (S1)
11.00 **Stargate Universe** 8/20. The crew contract an illness. (S1)
12.00 M'T **Grimm** 14/22. Nick and Hank stumble upon a terrifying Wesen disease. **1.00** AM 15/22. A once-beautiful woman ages 70 years overnight. (S5)
2.00 AM **The Walking Dead** (S7)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **My Life Is Murder** (S1)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown** Four episodes, including at: **4.00** *The Blood of the Anarchists:* A troupe of anarchists arrive in Kembleford.
5.00 **Maisie Raine** 1/6. The son of a police officer is accused of committing an assault. **6.00** 2/6. The team come up against a wall of silence during an investigation into an attack on a pensioner. (S1)

8.00 Father Brown

7.00 **Death in Paradise** *Murder Most Electric:* 4/8. The discovery of a body leads to a hidden world of data mining. (S13)
8.00 **Father Brown** *The Invisible Friends:* Murder threatens to derail the live broadcast of an agricultural radio drama.
9.00 **Death in Paradise** *Erupting in Murder:* 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)
10.00 **Father Brown** *The Darkest Noon:* Mallory and Father Brown go missing, and it is up to the gang to save them.
11.00 **Father Brown** *The Sacrifice of Tantalus:* Mallory is determined to catch a man suspected of killing a police officer. **12.00** M'T *The House of God:* A holy house is linked to the death of a wanton woman.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
12.20 PM **Only Fools and Horses** Ten episodes, including at: **4.20** Del plans to carry out a spot of salmon-poaching. **5.00** Del falls for a glamorous antiques dealer who comes to view an old cabinet. **5.40** Rodney causes a family crisis by bringing home a stranger who claims to be an old friend of Del's. Guest stars Jim Broadbent. **6.20** Rodney tries to help a drunken woman on the street, but his good deed backfires.

7.00 Gavin & Stacey

7.00 **Gavin & Stacey** Stacey travels from Wales to London to meet Gavin. **7.40** Gavin drives to Barry Island to make amends after the couple have their first lovers' tiff. **8.20** The Shipmans throw an engagement party in Billericay.
9.00 **Only Fools and Horses** Rodney decides to join the residents' committee. **9.40** Rodney tires of being Del's dogsbody and decides to set up his own rival business. **10.20** Del's latest scheme involves a spot of salmon-poaching.
11.00 **The Fast Show** The Off-Roaders get stuck. **11.40** Ted and Ralph have a discussion about green overalls. **12.20** AM With Unlucky Alf and Bob Fleming.
1.00 **Only Fools and Horses**
3.00 **to 4.00** AM **The Cleaner**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Highland Cops**
8.20 **Would I Lie to You?**
11.40 **Would I Lie to You? – The Unseen Bits**
12.20 PM **Would I Lie to You?** Ten editions, including at: **5.00** With panellists Hugh Fearnley-Whittingstall, Rufus Hound and Rhod Gilbert. **5.40** With Patrick Kielty, Bernard Cribbins, Deborah Meaden and Mark Watson. **6.20** With guest panellists John Bishop, Chris Addison, Joanna Page and Patsy Palmer.

11.00 Not Going Out

7.00 **Would I Lie to You? – The Unseen Bits** Unseen material from the comedy panel show.
7.40 **Would I Lie to You?** With Rebecca Front, Jack Whitehall and Nick Hewer. **8.20** With guests Robert Webb, Terry Wogan, Katy Wix and Kevin Bridges.
9.00 **QI** With guest panellists Clive Anderson, Phill Jupitus and Rich Hall. **9.40** With guests Rufus Hound, Rhod Gilbert, Miranda Hart and Hugh Fearnley-Whittingstall. **10.20** Stephen Fry grills Alan Davies, Jo Brand, Bill Bailey and Jimmy Carr.
11.00 **Not Going Out** Triple bill.
1.00 AM **Have I Got a Bit More News for You**
2.00 **Live at the Apollo** With Joel Dommett, Fatiha El-Ghorri and Jamie MacDonald.
3.00 **to 4.00** AM **James May's Cars of the People**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
9.35 **Jonathan Creek**
12.50 PM **Father Brown**
1.50 **New Tricks** *The English Defence:* A DNA sample from a rebellious teenager provides a link to a killer. **3.10** *Breadcrumbs:* Danny investigates the death of a modern-day Miss Marple.
4.30 **Miss Marple** *They Do It with Mirrors:* The sleuth investigates after a heated argument ends in a murder at a country house. Joan Hickson stars.

9.00 The Count of Monte Cristo

7.00 **The Brokenwood Mysteries** *Diamonds Are a Girl's Best Friend:* 6/6. The theft of a family heirloom leaves Ray and Trudy Neilson with blood on their hands, as the team uncover a web of deceit and lies. (S12)
9.00 **The Count of Monte Cristo** 8/8. Edmond reveals to Villefort that Heloise stole the vial of poison from him. (S1)
10.10 **Outrageous** *Hating and Loving:* 4/6. The Mitfords are blindsided by news of Unity's encounter with Adolf Hitler. (S1)
11.10 **The Last Detective** 4/4. Davies investigates the death of a stock-car driver. (S3)
12.45 AM **New Tricks** Danny investigates the death of a modern-day Miss Marple.
1.45 **Birds of a Feather**
3.00 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

Saturday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.25 **Wild Cards** (S1)
11.20 **Bull** 14-16/16. (S5)
2.10 PM **NCIS: Los Angeles** Five episodes of the drama, including at: **6.05** *Unwritten Rule:* 5/24. The girlfriend of a former Navy officer is kidnapped. (S5)
7.10 **Jesse Stone: Innocents Lost** The police chief, now forced into retirement, continues his own investigation into the death of a teenager.
9.00 **NCIS** *Moonlit:* A death reveals ties to Special Agent Sawyer. (S22)
10.00 **Law & Order: Special Victims Unit** *Heightened Emotions:* 4/21. An aspiring athlete claims she is a rape victim. (S18)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.55 **to 3.50** AM **NCIS: Los Angeles**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Nightmare Tenants, Slum Landlords**
7.00 **Shoplifters: Caught Red Handed** Security guards encounter a suspicious man who may be in possession of a weapon. **8.00** A man claims he was threatened with a knife by a fellow shopper.
9.00 **FILM Crocodile Dundee II** Comedy sequel with Paul Hogan. Mick tackles a Colombian drug gang after they kidnap his journalist girlfriend. (1988, PG, 111 min) ★★
11.20 **Piers Morgan: Uncensored**
1.20 AM **Adults Only: Kinky for Cash**
2.20 **Adults Only: Sex in the Future**
3.10 **to 4.00** AM **Killer at the Crime Scene**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
2.00 PM PM **Motorway Cops: Catching Britain's Speeders**
3.00 **The Motorway**
5.00 **FILM Seminole** Western starring Rock Hudson and Anthony Quinn. (1953, U, 87min) ★★
6.50 **FILM Lonely Are the Brave** Modern-day Western starring Kirk Douglas. (1962, b/w, PG, 107min) ★★★
9.00 **FILM A Fistful of Dollars** Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small Mexican border town run by two rival gangs. With Gian Maria Volonte and Marianne Koch. (1964, 15, 96min) ★★★★★
11.05 **FILM Man of the West** Western starring Gary Cooper and Lee J Cobb. (1958, 12, 96min) ★★
1.10 **to 4.00** AM **The X-Files**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad** Six editions, including at: **5.00** HART staff must treat one of their own after a freak accident. **6.00** The team is called to a massive explosion at a block of flats.
7.00 **Ambulance Australia** Paramedics race to help an elderly man. **8.00** A man is hit by a van whilst on his electric scooter.
9.00 **Gavin & Stacey** The newlyweds argue during a night out. **9.40** Bryn tries to organise a surprise for Gwen's birthday. **10.20** The couple begin leading separate lives. **11.00** Nessa goes into labour a month early.
11.40 **The Mormons Are Coming** Documentary.
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Secrets of the London Underground**
12.00 NOON **Flipping Bangers** Double bill.
2.00 PM **Canal Boat Diaries**
5.00 **Seven Worlds, One Planet** Double bill.
7.00 **Bangers & Cash: Restoring Classics** The team buy one of Derek's favourite Austin commercials and convert it to electric. **8.00** The team finally have chance to make a profit when they sniff out a bargain Porsche.
9.00 **Bangers & Cash** Derek collects an Opel Manta. **10.00** Paul and Charlie have the rare chance to pick up a trio of iconic Austin Healeys.
11.00 **Bangers & Cash**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** In Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Repair Shop**
7.00 PM **The Repair Shop** The team work on an elegant occasional table and a pair of tired suede shoes. **8.00** The experts miraculously piece together a shattered figurine of a nurse.
9.00 **Death Walker with Nick Groff** New edition Nick visits a 19th-century schoolhouse.
10.00 **Help! My House Is Haunted** Reality series.
11.00 **Celebrity Help! My House Is Haunted**
1.00 AM **Help! My House Is Haunted** Reality series.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** (S1&2)
4.00 PM **Little House on the Prairie** 6/22. Laura and Grace prepare for the spring dance. **5.00** 7/22. A dying woman asks Charles to find homes for her kids. **6.00** 8/22. Charles worries that he cannot keep his promise.
7.00 **The Waltons** 11/25. An elderly relative annoys the family. **8.00** 12/25. A series of emergencies threatens the family Christmas. (S5)
9.00 FILM **Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger. (1990, 15, 111min) ★★★
11.20 **M*A*S*H** 2-5/22. (S10)
1.20 AM **Rising Damp** (S4)
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 FILM **Bad Man's River** Spaghetti Western. (1972, 12, 90min) ★
12.10 PM FILM **Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
2.20 FILM **A Time for Killing** Western with Glenn Ford. (1968, 15, 83min) ★★
4.20 FILM **The Charge of the Light Brigade** Drama. (1968, PG) ★★★
7.00 FILM **Sniper Elite** Sci-fi action adventure. (2014, 15, 91min) ★★
9.00 FILM **The Predator** Sci-fi thriller. (2018, 15, 102min) ★★★
11.15 FILM **Predator 2** Sci-fi fantasy sequel. (1990, 15, 107min) ★★★
1.35 AM **The Persuaders!**
2.35 FILM **Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
4.20 **Coast Guard Alaska**
5.15 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Air Rescue**
8.40 **Diagnosis Murder**
9.40 FILM **Truth Be Told** Drama. (2015, PG) ★★
11.30 FILM **The Impossible Dream** Crime drama. (2015, PG, 86min) ★★
1.20 PM FILM **A Diagnosis of Murder** Adventure. (1992, PG, 88min) ★★
3.20 **Diagnosis Murder**
5.15 FILM **Without Warning** Drama. (2002, PG) ★★
7.10 FILM **Mystery 101: Playing Dead** Thriller. (2019, PG, 90min) ★★
9.00 FILM **Mum's the Word** Drama. (2016, U) ★★
10.55 FILM **Snipped in the Bud** Drama sequel. (2016, PG, 120min) ★★
1.00 AM FILM **A Teacher's Obsession** Thriller. (2015, PG, 83min) ★★
2.30 FILM **Cry for Justice** Drama. (2013, 12) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Love at First Dance** (2018, U) ★★
10.05 FILM **Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
12.00 NOON FILM **Baking Up Love** Romantic drama. (2021, PG, 90min) ★★
2.00 PM FILM **Baked with a Kiss** (2022, PG) ★★
3.55 FILM **Love on the Rise** Drama. (2020, U) ★★
5.45 FILM **The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
7.40 FILM **Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
9.35 FILM **Love, Again** Romantic drama. (2015, PG, 84min) ★★★
11.45 FILM **Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Baked with a Kiss** Comedy. (2022, PG, 90min) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Creating the classic suburban garden.
1.00 PM **Love Your Garden**
2.00 **Lake District Rescue**
4.00 **My Floating Home**
6.00 FILM **The Lady Vanishes** Comedy. (1938, b/w, U, 98min) ★★★★★
8.00 **Garden Rescue** Charlie Dimmock and Chris Hull tackle a strange-shaped garden in Taunton.
9.00 **Alan Cumming's Edge of Scotland** The actor explores the Outer Hebrides of Scotland.
10.00 FILM **Hussy** Drama. (1979, 18, 94min) ★★
12.00 M'T FILM **Intimate Games** Comedy. (1976, 18, 90min) ★★
2.00 AM FILM **Battle of the Commandos** Drama. (1971, 18, 90min) ★★
4.00 **to 5.00** AM **Alan Cumming's Edge of Scotland**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
10.00 **Doctor in Charge**
11.00 **Bottle Boys**
12.00 NOON **The Fenn Street Gang** 14&15/18. (S3)
1.00 PM **Second Thoughts**
2.00 **Agony** 1-3/7. (S3)
3.30 **Hallelujah** 1-3/8. (S2)
5.00 **Bottle Boys** (S1)
6.00 **Frankie's On**
6.30 **Doctor in Charge** (S1)
8.00 **The Fenn Street Gang**
9.00 **Space 1999** 7/24. (S2)
10.00 FILM **Secrets of Sex** Erotic comedy starring Richard Schulman. (1970, 18, 92min) ★★
11.50 **Mary Millington's True Blue Confessions**
12.50 AM **Stereo Underground**
1.50 **Frankie's On**
2.20 **We Had One of Those**
2.30 **Hank the Cowboy**
3.00 **Agony** 1&2/7. (S3)
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A couple who have kept their hoarding a secret. **8.00** Neighbours complain about the rubbish outside of one hoarder's home.
9.00 **Extinct or Alive** Biologist Forrest Galante goes in search of the white wolf, which was declared extinct in 1930.
10.00 **Expedition X** Josh, Phil and Heather investigate the Trans-Allegheny Lunatic Asylum.
11.00 **Expedition Files** Clues from the Zodiac Killer are finally deciphered.
12.00 M'T **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
11.00 **Jamie's 5 Ingredient Mediterranean Meals**
12.00 NOON **Michel Roux's French Country Cooking**
1.00 PM **James Martin's Spanish Adventure**
3.00 **Rick Stein's Food Heroes** Five editions.
5.30 **Rick Stein's Fruits of the Sea** Five editions.
8.00 **Jamie's 5 Ingredient Mediterranean Meals**
9.00 **Diners, Drive-Ins and Dives** Guy and Hunter get inspiration from a Wyoming chef. **9.30** Guy and Hunter serve up monster beef ribs from Las Vegas. **10.00** Guy cooks takeout with four chefs. **10.30** Guy visits South Dakota's Ethiopian joint.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** Five episodes.
12.00 NOON FILM **The Gambler** Drama. (1980, PG, 95min) ★★★
1.55 PM FILM **The Savage** Western starring Charlton Heston. (1952, U, 90min) ★★
3.50 FILM **Against a Crooked Sky** Western. (1976, PG, 85min) ★★
5.40 FILM **Airport 77** Disaster movie. (1977, PG, 113min) ★★
8.00 **The Twilight Zone** (S3)
9.00 FILM **Outlander** Sci-fi adventure with Sophia Myles and Jim Caviezel. (2008, 15, 115min) ★★★
11.25 FILM **Chain Reaction** Espionage thriller. (1996, 12, 106min) ★★
1.35 AM FILM **Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
3.30 **to 5.15** AM FILM **Blood and Money** Thriller. (2020, 15, 89min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S4)
3.00 PM **The Gambler V: Playing for Keeps** Western starring Kenny Rogers and Scott Paulin.
7.00 FILM **Ape vs Monster** Adventure with Quinn Baker and Rudy Bentz. (2021, 12, 88min) ★★
9.00 FILM **Scarface** Brian De Palma's thriller about the rise and fall of a Cuban gangster in Miami's drugs underworld, starring Al Pacino and Michelle Pfeiffer. (1983, 18, 163min) ★★★★★
12.55 AM FILM **Cold in July** Crime thriller starring Michael C Hall. (2014, 15, 108min) ★★★★
3.10 FILM **American Warships** Sci-fi thriller with Mario Van Peebles. (2012, 15, 85min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars**
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There: Alien Edition**
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** A mystery concerning a work of art worth half a billion. **7.00** The discovery of a man's body on a beach. **8.00** A look into the sacred Holy Grail.
9.00 **Hitler's British Island** Nazi control of the island of Alderney.
10.00 **Secret Wars Uncovered** The covert elements of the Greek War of Independence.
11.00 **National Park Mysteries**
1.00 AM **Conspiracy Files: Unsealed** Double bill.
2.00 **Cops Uncensored**
3.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **5.00** *A Christmas Secret:* A blackmailer targets a couple. **6.00** *The Sound of Murder:* A record producer is murdered.
7.00 **Abandoned Engineering** New edition Featuring the hidden histories of a Wild West boomtown.
8.00 **WWII Battles in Colour** The Blitzkrieg attack on Poland in 1939.
9.00 **Terror at 30,000 Feet** The story of the survivors of the Andes plane crash in 1972.
10.00 **Andes Plane Crash: The Fight to Survive** Continuing the dramatic true story of the 1972 Andes plane crash.
11.00 **Andes Plane Crash: Escape & Rescue**
12.00 M'T **to 4.00** AM **Prisoner: Cell Block H**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Beat the Chasers**
5.00 **The Chase Celebrity Special** With guests Ranvir Singh, John Sergeant, Ugo Monye and Mariella Frostrup. **6.00** With Jo Whiley, Jake Canuso, Georgia Taylor and Marcus Brigstocke.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Todd Carty, Jo Pavey, Saira Khan and Dominic Holland.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 22/23. Penny makes a revelation. **7.30** 23/23. Leonard and Penny discuss their future together. (S2) **8.00** 1/23. Sheldon learns his friends tampered with the data. **8.30** 2/23. Sheldon and Howard have a bet. (S3)
9.00 **Dr Pimple Popper: Breaking Out** Dr. Lee and Lyndsey help a man with a jaw lump. **10.00** Dr. Lee and Zoe treat crusty skin. **11.00** Dr. Lee and Dr. Lyndsey help a woman regain her bikini body.
12.00 M'T **Dr Pimple Popper**
1.00 AM **Young Sheldon**
2.00 **Dr Pimple Popper**
3.00 **My 600lb Life**
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Gods of the Game**
9.30 **Friends** (S7&8)
7.00 PM **Friends** 18/24. Ross and Monica's parents celebrate their 35th wedding anniversary. **7.30** 19/24. Joey insists all his friends come along to his interview. **8.00** 20/24. Rachel's mother plans to move in. **8.30** 21/24. A bad restaurant review upsets Monica. (S8)
9.00 FILM **Private Benjamin** Comedy drama. (1980, 15, 110min) ★★★
11.10 **8 Out of 10 Cats**
12.50 AM **Stupid Central**
1.50 **Police Squad!**
2.50 **Dragony Aunts** (S1)
3.00 **Darren Harriott: Comedy Central Live**
3.25 **The Comedy Bus**
3.50 **Gods of the Game**
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 10&11/24. (S4)
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** Variety show.
10.00 **Most Ridiculous**
3.00 PM **The Upper Hand**
8.00 **Michael McIntyre's Big Show** With Little Mix.
9.00 **Friends** 17/24. Joey tries to avoid Rachel. **9.30** 18/24. Ross and Monica's parents celebrate their 35th wedding anniversary. **10.00** 19/24. Joey insists all his friends come along to his interview. **10.30** 20/24. Rachel's mother plans to move in. **11.00** 21/24. A review upsets Monica. (S8)
11.30 **Friends** (S8&9)
3.45 AM **Rich Hall – 3:10 to Humour** Stand-up show.
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.30** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM FILM **That's Carry On** Comedy compilation. (1977, PG, 95min) ★★★
9.55 **On the Buses** 1/7. (S1)
1.35 PM **Steptoe and Son**
5.15 **Rising Damp** (S2)
7.55 **Minder** *The Bounty Hunter:* 5/11. Arthur and Terry pursue a devious crook. (S1)
9.00 **Benidorm** 1/7. Resort boss Joyce Temple-Savage is desperate for new staff. (S8)
9.55 **Shameless** 15/16. Debbie and Tom's secret is in danger of being exposed. (S5)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 1/7. (S8)
1.00 **Minder** 11/11. (S4)
2.00 **Duty Free** 2/7. (S1)
2.25 **Man About the House**
2.50 **The Kenny Everett Video Show** Comedy.
3.15 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 4/13. (S1)
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Judge Judy**
6.00 **Catfish: Teams** Online lovers living in the same area have not met.
7.00 **Catfish: The TV Show** A man asks Nev and Kamie to investigate his brother's girlfriend before he proposes. **8.00** Kash needs help finding out the truth about Kenya.
9.00 **Skin A&E** Four top dermatologists treat patients for cysts, lipomas and skin tags.
10.00 **Ink Master** Competitive tattooing contest.
11.00 **Judge Judy**
11.30 **Help I Sexted My Boss**
1.00 AM **Dating Naked**
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **The Last Alaskans** Six editions, including at: **3.00** PM Heimo finds himself caught miles from home in the wilderness. **4.00** Bob trains a new hunting dog, and Ray prepares for a life without his daughters. **5.00** Sunlight finally returns to the refuge.
6.00 **Deadliest Catch** Keith and Monte scramble to rescue deckhand Lynn Guitard when he goes overboard.

12.00 The Last Alaskans

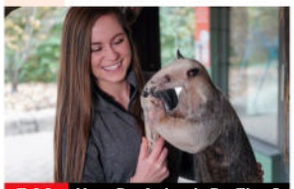
7.00 **The Woodland Workshop** Chainsaw artist Ella faces an unexpected challenge as she creates a coffee table.
8.00 **Maine Cabin Masters** The crew save a family's lakeside cabin that has been neglected for the past 25 years.
9.00 **Naked and Afraid: Global Showdown** A move to a new survival zone upends the challenge, teams must design and build a palm raft, and a crucial mistake puts a legend at risk of elimination.
11.00 **Expedition Files** Josh Gates investigates pirate Henry Every's $400m heist and the coup against Ramesses III.
12.00 M'T **Mystery at Blind Frog Ranch** Documentary.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** The keepers wave goodbye to two elephant brothers. **4.00** The youngest elephant learns how to use its trunk.
5.00 **Treehouse Masters** Pete builds two treehouses for singer Grace VanderWaal.
6.00 **We Love Puppies** A look at the adorable bundles of fur.



7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How humpback whales can sing. **7.30** A look into how ostriches can run so fast.
8.00 **Extinct or Alive** Proving the existence of animals thought to be gone, starting with the Formosan clouded leopard.
9.00 **Alaskan Bush People: Book of Matt** A profile of the Browns' first-born son, who prides himself on his problem-solving skills.
10.00 **Tanked** Pianoworks in New York wants Wayde and Brett to build them their own piano-shaped tank made from acrylic.
11.00 **Alaska: The Last Frontier** The Kilchers take Thanksgiving off the homestead and onto Atz Senior's floating homestead, the Yuletide.
12.00 M'T **Edge of Alaska**
2.00 AM **The Haunted**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Inside Melbourne Airport**
12.00 NOON **Disaster Autopsy**
1.00 PM **Europe from Above**
3.00 **Construction Fails** An oversized billboard falls in Mumbai, while São Paulo subway tunnels cave in. **4.00** Investigation into sudden structural disasters.
5.00 **Air Crash Investigation** Singapore Airlines flight 006. **6.00** An early-morning flight from Lexington in Kentucky ends in disaster.

10.00 Time and Water

7.00 **Destruction Decoded** The causes and unforeseen outcomes of 10 collisions between trains, ships and aircraft.
8.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend head to Lincolnshire to work on a 1929 Rolls-Royce 'doctor's coupe'.
9.00 **Car S.O.S.** Fuzz and Tim hope to surprise bubble car owner Sam with a secret fix-up of his much-loved Messerschmitt.
10.00 NEW **Time and Water** An Icelandic writer preserves vanishing glaciers, family memories and flowing time in his archives, transforming loss into a time capsule.
12.00 M'T **Ultimate Airport Dubai** Gemma has one hour to unload 20 tonnes of flowers. **1.00** AM The team quarantine a possible Ebola patient while doctors try to diagnose him.
2.00 AM **Mega Marine Machines**
3.00 **to 5.00** AM **Air Crash Investigation**

Sky History

123/124 115/116 131 353 368

6.00 AM **American Pickers**
7.00 **Hardcore Pawn**
10.00 **History's Greatest Warriors**
11.00 **Witches of Essex**
2.00 PM **Storage Wars** Bidding for the contents of storage units. **3.00** Bidders make risky purchases that could buy them trash or treasure. **4.00** In Montebello, Kenny tries to curb his swearing.
5.00 **Flipping Bangers** Recovering the worst MGF in the country. **6.00** Will and Gus try to rejuvenate a BMW Mini.

9.00 Troy Story

7.00 **Britain's Most Historic Towns** Alice Roberts tells the story of the Regency period by studying the history of Cheltenham.
8.00 **Britain's Most Historic Towns** Alice reveals the history of Belfast and visits the shipyards that built the *Titanic*.
9.00 **Troy Story** Part one of two. Exploring the Trojan War, a conflict between the ancient Greeks and the city of Troy.
10.00 **Troy Story** Part two of two. Drawing upon 21st-century science and archaeology to pinpoint the city's location.
11.00 **Secrets Declassified with David Duchovny** The tales governments have employed to blanket their boldest missions.
12.00 M'T **Storage Wars** Double bill.
2.00 AM **The Rise and Fall of the Roman Empire** Series finale The Roman Empire's history.
4.00 **Witches of Essex**
5.00 **to 6.00** AM **History's Greatest Warriors**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Denzel Washington**
7.00 **Discovering: Whoopi Goldberg**
8.00 **The Directors** Tarantino.
9.00 **I Am Paul Walker**
10.50 **Rise of the Superheroes**
1.00 PM **Lancaster** The story of the bomber synonymous with the Dambusters.
3.00 **JFK Revisited: Through the Looking Glass** Examining the assassination of US president John F Kennedy.
5.15 **Hill** A profile of Damon Hill.

9.00 Blur: To the End

7.00 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts that were made to prevent another explosion.
9.00 **Blur: To the End** Documentary tracing the relationship of the band's members over the course of three decades as they come together to record 10 new songs ahead of a show at Wembley Stadium.
11.00 **Amsterdam Narcos** How the Dutch city turned into the drug capital of Europe.
12.00 M'T **Amsterdam Narcos**
2.00 AM **Barrow: The Truth Behind the Grooming Lie** The case of Eleanor Williams.
3.00 **Look Away** Women groomed in their early teenage years.
4.50 **My Icon: Natasha Jonas**
5.00 **to 6.00** AM **The Directors**

Saturday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Massive Engineering Mistakes**
8.00 **Ant Anstead: Born Mechanic** As 8.00pm.
9.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
5.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant uncovers a 1960 Austin Healey Frogeye Sprite that reminds him of his youth.
9.00 **The Repair Shop** The team breathe new life into two bespoke rings. **10.00** The team restore an electric guitar.
11.00 **Outback Opal Hunters** Opalton Boulder Crew find a new source of opal.
12.00 M'T **Outback Truckers**
1.00 AM **Mysteries of the Deep** Double bill.
3.00 **NASA's Unexplained Files** Documentary.
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** April Barber.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Judge Rinder's Crime Stories**
7.00 **Judge Rinder's Crime Stories** Double bill.
9.00 **Deadly Influence: The Social Media Murders** New edition The mother of a positivity influencer uncovers shocking secrets.
10.00 **The Curious Case Of...** New edition Families expose the dangerous fraud beneath a wellness healer's cures.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Murder at the Gate**
8.00 **UK Crime Files: The Murder of Collette Aram** Documentary.
9.00 **UK Crime Files: Bus Stop Rapist** An attack in Nottingham which led to an extremely long investigation.
10.00 **UK Crime Files: Massacre at Red Gables Hotel** How Neil Rutherford unleashed terror at a hotel in 1976.
11.00 **UK Crime Files: Unravelling the Murder of Janet Commins**
12.00 M'T **UK Crime Files: The Unsolved Murder**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **Shocking Crimes: Murder Book**
4.00 **to 5.45** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Double bill.
2.00 PM **Killers: Caught on Camera** True-crime.
3.00 **UK Crime Files: Murder – The Tattoo Clue**
4.00 **UK Crime Files: Blackpool Double Murder** Geoffrey Wansell explores two similar murders that took place ten years apart.
5.00 **UK Crime Files: The Blackpool Poisoner** How Louisa Merrifield poisoned Sarah Ricketts.
6.00 **UK Crime Files: Murder – Smoke and Lies** The case of Nikitta Grender, who was found dead after a flat fire.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Death on the Beach**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Murder Nation**
10.00 **Richard Ramirez: The Night Stalker Tapes** The life of the serial killer. **11.15** Richard Ramirez evolves into a kind of rock star on death row.
12.30 AM **Killer in My Village**
1.25 **World's Most Evil Killers**
2.20 **How I Caught the Killer**
3.10 **What the Killer Did Next** Megan Newton.
4.00 **Brit Cops** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **The Roman Fleet**
9.05 **Pirates: Behind the Legends** Seven editions.
4.00 PM **Pirates: Behind the Legends** The story of pirate-turned-colonial governor Henry Morgan.
4.55 **The Roman Fleet**
6.05 **The Ghettos & The Holocaust** Using new evidence to examine the role ghettos played in the Holocaust.
7.20 **Auschwitz: The Inside Man** The untold story of Witold Pilecki.
8.30 **The Roman Fleet** Constructing a historical replica of a Roman ship.
9.35 **1945: The Savage Peace** Stories of violence toward Germans following World War Two.
10.50 **The Ghettos & The Holocaust** As 6.05pm.
12.00 M'T **Auschwitz: The Inside Man** As 7.20pm.
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Becoming Orangutan**
9.00 **Invisible River: Under Water Between the Black Forest and the Vosges**
10.00 **Animal Senses** Double bill.
11.00 **The Island of Giants**
12.00 NOON **Superbeast**
1.00 PM **Wild Animal Babies**
4.00 **David Attenborough Meets Obama** The planet's future.
5.00 **Flying Monsters with David Attenborough**
6.30 **David Attenborough's Natural History Museum Alive**
8.00 **Deadly Australians**
9.00 **Wolves and Lions: Old Enemies**
10.00 **Land of the Far North** Exploring the challenges for nature in the Arctic Circle. **11.00** Life in the Arctic Circle during the harsh winter months.
12.00 M'T **Deadly Australians**
1.00 AM **Wolves and Lions: Old Enemies** As shown at 9.00pm.
2.00 **Wild Castles**
3.00 **Osprey** Documentary.
4.00 **Great Lakes Wild**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: The Ultimate Evidence** Cryptic puzzles.
8.00 **Crimes That Shook Britain**
11.00 **Secrets of Great British Castles** Double bill of editions.
1.00 PM **How to Lose a War**
2.00 **Ancient Aliens**
3.00 **Ancient Aliens: The Ultimate Evidence** Cryptic puzzles.
4.00 **Weird Britain** Double bill.
6.00 **How Disney Built America**
7.00 **Discovered by Disaster**
8.00 **Hazardous History with Henry Winkler** A look back at dangerous 'cures' advertised and offered to the public.
9.00 **Colosseum** Emperor Trajan.
10.00 **Forbidden History** Experts use forensic archaeology to unlock the secrets of a lost civilisation.
11.00 **Ancient Aliens**
12.00 M'T **Ancient Aliens: The Ultimate Evidence**
1.00 AM **The Sound and the Fury**
2.00 **World War II: Witness to War**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Looting History**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made** Four editions.
12.00 NOON **How Do They Do It?**
2.00 PM **Truth Behind the Moon Landing** Double bill of editions.
4.00 **Alien Highway** Double bill.
6.00 **How It's Made** Making lemon tarts and miniature war figures. **6.30** How traditional ropes and candy wafers are made. **7.00** How the world's smallest car and graphene are made. **7.30** Robotic medication dispensers and LED tubes.
8.00 **Paranormal Declassified** Paul Beban looks for answers in a 60-year-old string of unsolved cattle mutilations across the US. **9.00** Paul searches for evidence of extra-terrestrials.
10.00 **Curse of the Bermuda Triangle** Double bill of editions.
12.00 M'T **In Search of Monsters**
2.00 AM **The Alaska Triangle**
3.00 **Alien Highway** As 4.00pm.
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** True crime.
3.40 PM **My Strange Arrest**
5.00 **Murdered by Morning**
7.00 **Buried in the Backyard** A Michigan mother disappears, and investigators suspect she was the target of a Satanic ritual.
8.00 **Staged: Deadly Deception** Investigating a murder-suicide that may have been faked.
9.00 **Predator Files** An undercover sting exposes online predators. **9.30** The SOSA team close in on an offender. **10.00** The case of a predator who cloaks his actions in religion. **10.30** Two cases collide in Shreveport when a suspect called the Mentor raises alarms.
11.00 **Interrogation Cam**
12.00 M'T **Fugitives Caught on Tape**
1.00 AM **I Survived a Crime**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Critter Fixers: Country Vets** Double bill of editions.
10.00 **Secrets of the Zoo**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Europe's Wild Marvels**
4.00 **The Hidden Kingdoms of China** Triple bill of editions.
7.00 **Heartland Docs** Despite a snowstorm, the Schroeders treat a horse, an injured rabbit, an underweight puppy and a cow in preterm labour.
8.00 **Jane** Documentary charting the life and work of primatologist Dame Jane Goodall, whose research challenged scientific consensus and revolutionised the study of the natural world.
10.00 **Incredible Animal Journeys** The animals of Alaska during the great salmon run. **11.00** Animals racing south to make the most of the short Antarctic summer.
12.00 M'T **Bizarre Animal Friends**
1.00 AM **Alaska Animal Rescue**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill of editions.
6.00 **How the Universe Works** Examining what happens when the two most powerful objects in the cosmos collide. **7.00** Scientists explore what will happen if an asteroid hurtles towards Earth. **8.00** Examining the birth of stars, and how their creation changed the cosmos for ever, leading to planets and life itself.
9.00 **Massive Engineering Mistakes** In Pennsylvania, a landslide devastates a community. **10.00** In California, catastrophe strikes one of America's most important intersections. **11.00** In Arizona, a fire destroys a river crossing, while in Ohio, a driver and her vehicle are swallowed whole.
12.00 M'T **Monsters of the Abyss**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** Investigating what happened to a pirate city in Jamaica. **2.00** Examine a ghost island once belonging to a secretive country on Europe's fringes. **3.00** Within a dense Polish woodland is a forgotten complex with an explosive history. **4.00** A complex of stone buildings near Hadrian's Wall that kept away Northern hordes.
5.00 **Life** The world of insects. **6.00** Strategies used when hunting and evading predators. **7.00** Humboldt squid, starfish and a giant octopus are among the creatures explored. **8.00** Exploring how plants adapt to their environment. **9.00** Hamadryas baboons and Japanese macaques are among the creatures explored.
10.00 **Life** Eight editions.
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Deadly Secrets**
12.00 NOON **Breaking Homicide**
3.00 PM **Hometown Homicide**
4.00 **American Monster** Living in his CEO wife's shadow proves too much for a failed football player. **5.00** There is no such thing as a divorce for a violent husband. **6.00** The more successful Andreen gets, the more threatened her husband feels. **7.00** Ashley's new confidence enrages her estranged husband.
8.00 **Truth About Murder with Sunny Hostin** Investigating the case of a 33-year-old woman found in a shallow grave.
9.00 **Mean Girl Murders** Two teenage girls discover they are dating the same boy.
10.00 **A Body in the Snow: The Trial of Karen Read** Police arrest Karen Read for a murder. **11.00** Opening statements kick off a heated murder trial.
12.00 M'T **The Lake Erie Murders**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **G.A.S. Extreme Customs** Triple bill of editions.
3.00 PM **Bangla Bangers**
5.00 **Goblin Works Garage** The team acquire a Datsun Z-car. **6.00** The team renovate a rusty Mini Clubman. **7.00** Helen brings in a '80s BMW E30 for a make-over.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Danny in Basingstoke to check out his massive collection. **9.00** Henry and Fuzz find a Mini Clubman racing car.
10.00 **Richard Hammond's Workshop** Richard gambles his own money on a 1970 Mark II Jensen Interceptor. **11.00** Richard finds a classic mini that needs restoring. **12.00** M'T Some of the precious classic cars and motorbikes go to auction with no reserve.
1.00 **to 4.00** AM **Vintage Voltage**

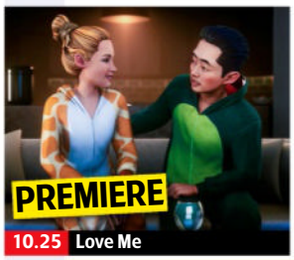
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
8.00 **Wicked: For Good** (2025)
10.25 **PREMIERE Love Me** Drama with Steven Yeun. (2024, 15, 91min) *See review, page 23.*
12.05 PM **Normal** As 8.00pm.
1.45 **Anaconda** As 11.35pm.
3.35 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
6.00 **Mortal Kombat II** Fantasy sequel starring Karl Urban. (2024, 15, 116min) ★★★



10.25 Love Me

8.00 **Normal** Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **PREMIERE Heretic** Horror starring Hugh Grant and Chloe East. Two young missionaries are forced to prove their faith when they knock on the wrong door. (2024, 15, 111min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. (2025, 12, 99min) ★★★
1.25 AM **Primate** Horror thriller starring Johnny Sequoyah. (2025, 18, 92min) ★★★
3.00 **Normal** As 8.00pm.
4.35 **to 6.30** AM **Redux** **Redux** Fantasy adventure. (2025, 15, 109min) ★★★★

Sky Cinema Spider-Man

303 303 403 503 517

6.00 AM **The Amazing Spider-Man 2** As 12.45am.
8.35 **Spider-Man: Homecoming**
11.00 **Spider-Man: No Way Home** Comic-book adventure sequel. (2021, 12, 148min) ★★★★
1.35 PM **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
3.40 **Spider-Man** Adventure. (2002, 12, 121min) ★★★★
5.50 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★

10.25 The Amazing Spider-Man

8.00 **Spider-Man 3** Fantasy sequel starring Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality, so he must conquer his inner demons before he can defeat two adversaries. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield. A nerdy teenager becomes a crime-fighter after a bite from a genetically modified spider. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Amazing Spider-Man 2** Adventure sequel. (2014, 12, 142min) ★★★
3.15 **Spider-Man: Homecoming** Adventure with Tom Holland. (2017, 12, 133min) ★★★★
5.40 **to 6.00** AM **The Cinema List**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Quartet** As 1.40am.
7.45 **Footloose** Musical with Kevin Bacon. (1984, 12, 107min) ★★★
9.35 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
11.30 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
1.30 PM **About Time** Comedy fantasy. (2013, 12, 120min) ★★★
3.40 **Cast Away** Survival drama. (2000, 12, 143min) ★★★★

6.15 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **Stand by Me** Nostalgic drama starring Wil Wheaton, River Phoenix and Corey Feldman. (1986, 15, 89min) ★★★★★
9.35 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★

11.50 **Jackie** Bafta-winning biopic. (2016, 15, 100min) ★★★★
1.40 AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
3.30 **The Swimmer** Israeli drama. Subtitled. (2021, 18, 84min) ★★★
5.00 **to 6.40** AM **Cicada** Drama. (2020, 15, 96min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.45 AM **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
8.25 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
10.35 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
12.45 PM **Deep Impact** Disaster movie. (1998, 12, 123min) ★★★★
2.50 **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★

5.10 **Blade Runner 2049** Thriller sequel starring Ryan Gosling. (2017, 15, 164min) ★★★★★
8.00 **Interstellar** Christopher Nolan's drama starring Anne Hathaway and Matthew McConaughey. (2014, 12, 166min) ★★★★
10.50 **The Exorcist** Horror starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. With Lee J Cobb. (1973, 18, 121min) ★★★★★

12.55 AM **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
2.40 **Evil Dead 2** Comic horror sequel. (1987, 18, 85min) ★★★★
4.15 **Lake Placid** Horror comedy. (1999, 15, 82min) ★★★★
5.45 **to 7.30** AM **Mr. Vampire** Horror comedy. (1985, 15, 96min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.20 AM **Scooby-Doo** (2002) ★★★
7.50 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
9.35 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★
11.20 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
1.45 PM **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
3.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
6.00 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★

7.35 Flushed Away

7.35 **Flushed Away** Animated comedy featuring the voice of Hugh Jackman. (2006, U, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **Lemony Snicket's A Series of Unfortunate Events** Fantasy with Jim Carrey. Three orphaned siblings are sent to live with an evil count. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Corpse Bride** Animated fantasy with the voice of Johnny Depp. (2005, PG, 74min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
2.00 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12, 112min) ★★★
3.55 **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★
5.35 **to 7.15** AM **Charlotte's Web** Drama. (2006, U, 97min) ★★★

Sky Cinema Action

306 306 407 507 521

7.40 AM **Highlander** As 3.05am.
9.40 **Sisu: Road to Revenge** Finnish action sequel. Subtitled. (2025, 15, 89min) ★★★★
11.15 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
2.00 PM **The Meg** Action thriller. (2018, 12, 113min) ★★★
3.55 **Batman & Robin** Fantasy sequel. (1997, PG, 125min) ★★
6.00 **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★

6.00 Demolition Man

8.00 **Fuze** Drama starring Aaron Taylor-Johnson. An unexploded bomb is discovered on a construction site in the centre of London, leading to a mass evacuation. (2026, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

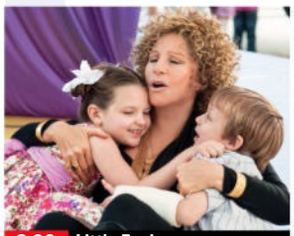
9.45 **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **First Blood** Action adventure starring Sylvester Stallone. (1982, 15, 93min) ★★★★
1.10 AM **Clash of the Titans** Fantasy starring Gemma Arterton and Sam Worthington. (2010, 12, 106min) ★★
3.05 **Highlander** Sci-fi thriller starring Christopher Lambert. (1986, 15, 111min) ★★★★
5.10 **to 6.45** AM **Crawl** Horror thriller with Kaya Scodelario. (2019, 15, 87min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.20 AM **Roofman** (2025) ★★★★
8.35 **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★
10.30 **The Brothers Grimsby** Action comedy. (2016, 15, 83min) ★★
12.00 NOON **Pitch Perfect 2** Comedy. (2015, 12) ★★★
2.00 PM **Seven Psychopaths** Comedy. (2012, 15) ★★★★
4.00 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
6.10 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★



8.00 Little Fockers

8.00 **Little Fockers** Comedy sequel starring Robert De Niro and Ben Stiller. A male nurse must prove his worth to his tough father-in-law. With Owen Wilson, Barbra Streisand, and Dustin Hoffman. (2010, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Liar Liar** Comedy starring Jim Carrey as a lawyer who is forced to tell the truth for one day after his neglected five-year-old son is granted his wish. (1997, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Superbad** Comedy starring Jonah Hill, Michael Cera and Christopher Mintz-Plasse. (2007, 15, 113min) ★★★★
1.20 AM **Notting Hill** As 4.00pm.
3.35 **The Longest Yard** Comedy remake with Adam Sandler. (2005, 12, 113min) ★★
5.35 **to 8.00** AM **The Natural** Drama with Robert Redford. (1984, PG, 137min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.30 AM **The Fugitive** As 2.30am.
8.50 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
10.50 **Now You See Me** As 8.00pm.
12.50 PM **Now You See Me 2**
3.05 **Jaws** Steven Spielberg's monster thriller starring Roy Scheider and Robert Shaw. (1975, 12, 125min) ★★★★★
5.20 **Inception** Christopher Nolan's mind-blowing sci-fi thriller starring Leonardo DiCaprio. (2010, 12, 148min) ★★★★★

8.00 Now You See Me

8.00 **Now You See Me** Thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Dave Franco and Michael Caine. (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

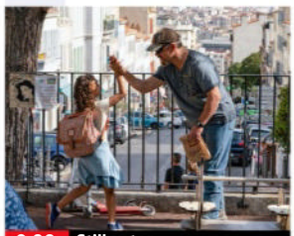
10.05 **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg and Mark Ruffalo. A gang of magicians-turned-criminals reunite to expose the illegal activities of a ruthless businessman. (2016, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Untouchables** Brian De Palma's gangster thriller. (1987, 15, 119min) ★★★★★
2.30 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
4.45 **to 6.55** AM **Murder by Numbers** Crime thriller. (2002, 15, 120min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Twelve O'Clock High** World War Two drama. (1949, b/w, U, 132min) ★★★★★
1.40 PM **Miracle on 34th Street** Comedy fantasy remake. (1994, U, 114min) ★★★★
3.55 **Voyage to the Bottom of the Sea** Sci-fi adventure. (1961, U, 105min) ★★★
6.15 **The Martian** Sci-fi action adventure with Matt Damon. (2015, 12, 144min) ★★★★



9.00 Stillwater

The Martian (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Stillwater** Crime thriller starring Matt Damon and Abigail Breslin. An unemployed man travels from Oklahoma to France to help his estranged daughter, who was imprisoned five years earlier for a murder she claims she didn't commit. With Camille Cottin. (2021, 15, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 PM **to 3.30** AM **Babylon** Damien Chazelle's comedy drama starring Brad Pitt, Margot Robbie, Diego Calva and Jovan Adepo. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★

+1hour 314 430 47 301 257

Saturday

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

6.30 AM **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
8.00 **A Shaun the Sheep Movie: Farmageddon** (2019, U) ★★★★
9.35 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
11.10 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
12.45 PM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★

2.25 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
4.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.45 **Despicable Me** Animation. (2010, U, 94min) ★★★★
7.25 **Despicable Me 2** Animated comedy adventure sequel. (2013, U, 97min) ★★★
9.05 **Despicable Me 3** Animated sequel with the voice of Steve Carell. (2017, U, 99min) ★★★
10.40 **Trolls** Animated musical. (2016, U, 92min) ★★★

12.20 AM **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
2.10 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
3.50 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
5.40 **to 7.25** AM **Trolls** As 10.40pm.

Sky Cinema Greats

307 307 404 504 518

7.05 AM **Police Academy** As 1.05am.
8.45 **Police Academy 2: Their First Assignment** As 2.50am.
10.15 **Police Academy 3: Back in Training** As shown at 4.30am.
11.45 **Caddyshack** Slapstick comedy starring Chevy Chase and Bill Murray. (1980, 15, 95min) ★★★
1.25 PM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★

2.55 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
4.35 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
6.25 **Big Daddy** Comedy with Adam Sandler and Kristy Swanson. (1999, 12, 95min) ★★★
8.00 **The Man with Two Brains** Comedy starring Steve Martin. (1983, 15, 93min) ★★★★
9.35 **Blazing Saddles** Western comedy starring Gene Wilder. (1974, 12, 90min) ★★★★

11.10 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★★★
1.05 AM **Police Academy** Comedy. (1984, 15, 95min) ★★★
2.50 **Police Academy 2: Their First Assignment** (1985, 12) ★★
4.30 **to 6.05** AM **Police Academy 3: Back in Training** (1986, PG) ★

Disney+ Cinema

305 305

6.00 AM **The Lion King** (2019) ★★★
7.35 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
9.10 **Duck Tales the Movie: Treasure of the Lost Lamp**
10.25 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
12.35 PM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★

3.00 **Mufasa: The Lion King** Animated adventure prequel. (2024, PG, 118min) ★★★
5.00 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
6.45 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
9.00 **Prometheus** Sci-fi horror prequel starring Noomi Rapace. (2012, 15, 124min) ★★★
11.05 **The Grand Budapest Hotel** Wes Anderson's comedy with Ralph Fiennes and Tony Revolori. (2014, 15, 99min) ★★★★★

12.45 AM **Aliens Vs Predator – Requiem** Sci-fi action thriller sequel. (2007, 15, 89min) ★
2.30 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
3.50 **to 6.00** AM **Mary Poppins Returns** (2018, U) ★★★★

Movies 24

312 313 419

7.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
9.00 **Signs of Your Heart** Romantic comedy. (2023, PG, 89min) ★★
11.00 **Following Yonder Star** Festive drama. (2024, PG, 84min) ★★
1.00 PM **Christmas Under the Lights** Festive romantic drama. (2024, PG, 89min) ★★
3.00 **The Snow Must Go On** Festive drama. (2025, PG, 90min) ★★

5.00 **An Unexpected Valentine** Comedy starring Lacey Chabert. (2025, PG, 84min) ★★
7.00 **Love & Jane** Fantasy starring Alison Sweeney and Benjamin Ayres. (2024, PG, 84min) ★★
9.00 **Sparks Over Brooklyn** Drama with AnnaMaria Demara. A chef tries to protect the feel of her family's restaurant when it is bought out by an entrepreneur. (2023, PG, 89min) ★★
11.00 **The Boxer and the Butterfly** Drama. (2023, PG, 90min) ★★

1.00 AM **My Norwegian Holiday** Comedy starring Rhiannon Fish. (2023, PG, 80min) ★
3.00 **to 5.00** AM **A Bestselling Kind of Love** Romantic drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Christmas Tree** (1966)
7.10 **It's a Square Ring** Short film.
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
8.55 **Electric Refrigeration**
9.00 **Batman** 20/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 14/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 23/32. (S1)

10.30 **Supercar** 3/26. (S1)
11.00 **The Buccaneers** 34/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Killers from Space**
1.30 PM **The Green Man** (1956) ★★★
3.05 **Does it Worry You?**
3.10 **Whiplash** 28/34. (S1)
3.45 **Reach for the Sky** Biopic. (1956, b/w, U, 130min) ★★★★
6.25 **Dick Turpin** 9/13. (S1)
7.00 **Maigret** 6/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Sherlock Holmes: The Last Vampyre** Feature-length drama.

11.10 **Eurotrash**
11.45 **Fortean TV**
12.20 AM **One Step Beyond** (S1)
12.55 **Adam Had Four Sons** Drama. (1941, b/w, U, 81min) ★★
2.35 **The Perfect Woman** (1981) ★★
4.15 **Profile** (1954, b/w, PG) ★★
5.30 **to 6.00** AM **Honey West**

Saturday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 LIVE **The Hundred** **Birmingham Phoenix v Welsh Fire.** Coverage of the women's match staged at Edgbaston in Birmingham. Start-time **11.00am**.
2.00 PM LIVE **The Hundred** **Birmingham Phoenix v Welsh Fire.** Coverage of the men's match from Edgbaston in Birmingham. Start-time **2.30pm**.
5.15 LIVE **SPFL** **Aberdeen v Hearts.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **5.30pm**.
8.00 LIVE **WTA & ATP Tennis** Coverage of the Washington DC Open women's semi-finals on day six at William H.G. FitzGerald Tennis Center in the USA.
11.00 **Sky Sports News**
11.30 LIVE **WTA & ATP Tennis** Coverage of the Washington DC Open men's semi-finals on day six of the hard-court tournament held at William H.G. FitzGerald Tennis Center in the USA.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Fast-paced Premier League highlights using alternative angles, featuring every goal from games in the 2025/26 season.
6.00 PM **Premier League Stories**
7.00 **Premier League Review** A look at some of the finest strikes throughout the 2025/26 season.
8.00 **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's Bolton team of the early 2000s in the Premier League.
10.00 **Premier League Stories** The life and legacy of Kevin Keegan.
10.30 **Premier League 100 Club** A look at Manchester City striker Erling Haaland's goals.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2020/21 season – all set to a specially selected soundtrack.
1.00 AM **PL Retro** A replay of Arsenal v Wigan Athletic from 2006.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **SPFL Highlights**
6.15 **150 Years of the Edinburgh Derby** Hearts and Hibernian.
7.15 **John Robertson: Hammer of Hibs** The striker's derby goals.
7.45 **Best Scottish Premiership Goals** Archive highlights.
9.45 **SPFL Highlights**
12.15 PM **How the Scottish Premiership Was Won**
1.45 **SPFL Highlights**
2.00 LIVE **SPFL** **Falkirk v St Mirren.** Coverage of the Scottish Premiership match at Falkirk Stadium. Kick-off **3.00pm**.
5.15 LIVE **SPFL** **Aberdeen v Hearts.** Coverage of the Scottish Premiership match from Pittodrie. Kick-off **5.30pm**.
8.00 **SPFL Highlights**
8.30 **EFL Cup Highlights**
9.30 **SPFL Highlights**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **Best Goals: EFL Cup 25/26**
12.00 M'T **EFL Cup Retro**
2.00 AM **Craig Brown: My Scotland**
2.30 **There's Only One Sauzee**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred** **Birmingham Phoenix v Welsh Fire.** Coverage of the women's match from Edgbaston in Birmingham. Start-time **11.00am**.
2.00 PM LIVE **The Hundred** **Birmingham Phoenix v Welsh Fire.** Coverage of the men's match from Edgbaston in Birmingham. The visitors won this fixture last year thanks to an impressive eight-wicket victory at this venue. Start-time **2.30pm**.
5.30 LIVE **The Hundred** **London Spirit v Southern Brave.** Coverage of the men's match from Lord's, London. The hosts won this meeting last year with a comprehensive 47-run victory at this venue. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** A replay of Birmingham Phoenix v Welsh Fire.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A replay of Birmingham Phoenix v Welsh Fire.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **Women's Golf** Women's Open.
8.00 **Women's Open Official Films**
10.00 **Women's Golf** Women's Open.
12.00 NOON LIVE **Women's Golf** Coverage of the AIG Women's Open Championship third day.
7.00 PM LIVE **PGA Tour Golf** The third day of the Rocket Classic at the Detroit Golf Club in Michigan.
11.00 **Women's Golf** Women's Open.
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **DP World Tour Golf**
1.00 **Women's Golf** Women's Open.
2.00 **PGA Tour Golf** Rocket Classic.
4.00 **Women's Golf** Highlights.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM LIVE **ATP Tennis** Coverage of day five of the Los Cabos Open.
7.30 **WTA & ATP Tennis**
9.30 **ATP Tour This Week**
10.00 **WTA & ATP Tennis**
7.00 PM LIVE **WTA & ATP Tennis** The Washington DC Open women's semi-finals at William H.G. FitzGerald Tennis Center.
11.00 **ATP Tour This Week**
11.30 LIVE **WTA & ATP Tennis** Coverage of the Washington DC Open men's semi-finals at William H.G. FitzGerald Tennis Center.
3.30 AM **WTA & ATP Tennis**
4.00 **to 6.00** AM LIVE **ATP Tennis** Coverage of the Los Cabos Open final at Cabo Sports Complex.

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **World Rally Championship** Rally Finland.
7.00 **Tour de France Women**
7.30 LIVE **World Rally Championship** Rally Finland.
9.30 **TNT Sports Reload**
10.00 LIVE **World Rally Championship** Rally Finland.
11.30 **Men's Cycling Pro Series**
12.30 PM LIVE **World Rally Championship** Rally Finland.
2.00 **Tour de France Women**
2.30 LIVE **Tour de France Women** Coverage from the opening stage of the Grand Tour race.
5.45 LIVE **FIM Speedway Grand Prix** Coverage of the race from the seventh round of the season at Moto Arena Lodz in Poland.
9.00 **Cycling** Highlights and features.
11.15 **MLB Highlights**
12.15 AM LIVE **MLB** **Chicago Cubs v New York Yankees.** Coverage of the inter-league match. Start-time **12.15am**.
3.00 **MLB Plays of the Week**
3.30 **World Rally Championship**
4.00 **to 7.00** AM LIVE **AFL** **Richmond Tigers v West Coast Eagles.** Bounce-up **4.10am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on day nine of the Games in Glasgow. Events taking place today include the semi-finals of the netball, the men's sprint qualification in the cycling, the men's bantamweight 55kg final and the women's bantamweight 54kg final in the boxing, and the women's singles semi-finals in the bowls.
6.00 PM LIVE **Commonwealth Games** The night session on the ninth day of the Games held in Glasgow. *See feature, page 28.*
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Netball** The first semi-final.
12.00 M'T **Commonwealth Games – Athletics & Para Athletics**
1.00 AM **Commonwealth Games – Track Cycling & Para Track Cycling** Action from session six.
2.00 **Commonwealth Games – Athletics & Para Athletics**
3.00 **Commonwealth Games – Daily Highlights**
4.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **State of Origin**
8.30 LIVE **NRL** **Penrith Panthers v Canberra Raiders.** Coverage from Glen Willow Oval. Kick-off **8.30am**.
10.35 LIVE **NRL** **Brisbane Broncos v Newcastle Knights.** Coverage from Suncorp Stadium. Kick-off **10.35am**.
12.35 PM **State of Origin Rugby League Highlights**
12.50 **My Icon** Kadeena Cox.
1.00 **NBA Basketball**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize**
5.30 **Super League Highlights**
6.00 **NBA Basketball**
7.55 LIVE **Super League** **Catalans Dragons v Wakefield Trinity.** Coverage of the match from the 21st round of the season held at Stade Gilbert Brutus in Perpignan. Kick-off **8.00pm**.
10.00 **The Final Round**
11.00 **NFL Highlights**
12.00 M'T **Super League**
4.05 AM **My Icon** Kadeen Corbin.
4.15 **NFL Bitesize Highlights**
4.45 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 LIVE **NRL** **Penrith Panthers v Canberra Raiders.** Coverage of the match from the 22nd round of the season at Glen Willow Oval in Mudgee. Kick-off is at **8.30am**.
10.35 LIVE **NRL** **Brisbane Broncos v Newcastle Knights.** Coverage from Suncorp Stadium. Kick-off **10.35am**.
12.35 PM **My Icon** Sporting influences.
1.00 **Sports Saturday**
2.00 **Women's State of Origin**
2.15 **My Icon** Michael Holding.
2.25 LIVE **The Hundred** **London Spirit v Southern Brave.** Coverage of the women's match from Lord's in London. Start-time is at **2.30pm**.
5.30 **Sports Saturday**
6.00 LIVE **PGA Tour Golf** Coverage from the third day of the Rocket Classic at the Detroit Golf Club.
11.00 **Sky Sports News**
12.00 M'T **Premier League Darts**
4.00 **to 6.00** AM LIVE **ATP Tennis** The final of the Los Cabos Open, a hard-court tournament staged at Cabo Sports Complex in Mexico.

Sky Sports Mix

416 412 511 429 449

6.15 AM LIVE **NRLW** **Canberra Raiders v North Queensland Cowboys.** Coverage of the match from Geohex Park in Wagga Wagga. Kick-off **6.15am**.
8.15 **Women's State of Origin**
9.15 **My Icon** Natasha Jonas.
9.25 **Darts Top 5 Moments**
9.30 **State of Origin Rugby League**
10.00 **WTA Tennis** Prague Open final.
11.00 **Women's State of Origin**
2.00 PM **Darts Gold** Archive action.
2.15 **My Icon** Michael Holding.
2.25 LIVE **The Hundred** **London Spirit v Southern Brave.** Coverage of the women's match from Lord's, London. Start-time is at **2.30pm**.
5.30 **NFL Bitesize Highlights**
6.00 **State of Origin Rugby League**
9.00 **The Hundred Bitesize**
11.00 **NFL Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **PDC World Champs**
1.00 **Super League Highlights**
2.00 **Darts Top 5 Moments**
2.05 **Women's State of Origin**
2.35 LIVE **NRLW** **Canterbury-Bankstown Bulldogs v Brisbane Broncos.** Coverage of the match from Geohex Park. Kick-off **2.35am**.
4.25 **to 6.15** AM LIVE **NRLW** **New Zealand Warriors v Gold Coast Titans.** Coverage from Geohex Park. Kick-off **4.25am**.

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **AFL** **St Kilda Saints v Sydney Swans.**
7.00 LIVE **Shanghai Masters Snooker** The second semi-final.
10.00 LIVE **FIS Summer Skijumping Grand Prix** The first day of the first stage of the season in Wisla.
11.30 **Rolex SailGP Championship**
12.30 PM LIVE **Shanghai Masters Snooker** Further coverage from the second semi-final in China.
3.30 **MLB Plays of the Week**
4.00 LIVE **UFC** The preliminary bouts.
6.00 LIVE **UFC** **Uros Medic v Daniel Rodriguez.** The welterweight bout in Serbia.
9.30 **World Rally Championship**
10.00 **SailGP – Racing on the Edge**
10.30 **British Superbikes**
11.00 **Tour de France Women**
12.00 M'T **Shanghai Masters Snooker**
2.00 AM **World Rally Championship**
2.30 **British Superbikes**
3.00 **LIV Golf** Action from Uttoxeter.
4.00 **to 6.00** AM **Shanghai Masters**

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **V8 Supercars Championship** Bosch Power Tools Perth Super 440 race one.
7.30 **Test Cricket Highlights**
9.30 LIVE **AFL** **Port Adelaide Power v GWS Giants.** Coverage from Adelaide Oval. Bounce-up **9.35am**.
12.30 PM **British Superbikes Rewind**
1.00 LIVE **British Superbikes** Coverage from the first day of the sixth round staged at Oulton Park.
6.00 LIVE **World Rally Championship** Rally Finland.
7.00 **TNT Sports Reload**
7.30 **MLB Plays of the Week**
8.00 LIVE **MLB** **Toronto Blue Jays v St Louis Cardinals.** Coverage of the inter-league match from Rogers Centre. Start-time **8.07pm**.
11.00 **AFL** Three match replays.
3.30 AM **Test Cricket Highlights**
5.30 **to 6.00** AM **UCI Mountain Bike World Series Review**

Premier Sports 1

419 APP 528

6.00 AM **Motorsport** Drew Gibson.
7.00 **FIM Sidecarcross Championship**
8.00 **World Surf League**
9.00 **FIM Quadcross Championship**
9.30 **World of FreeSports**
10.00 **Football** Karlsruher v Inter Milan.
12.00 NOON **DTM Motorsport Highlights** From Oschersleben.
1.00 PM **Football** A replay of Bayer Leverkusen v Offenbacher. **3.00** Real Betis v Lyon.
4.55 LIVE **Football** Coverage from a pre-season friendly.
7.00 **Sporting Greats**
7.30 **World of FreeSports**
8.00 **FIM Sidecarcross Championship** Latvia Grand Prix.
9.00 **Football** A pre-season friendly.
11.00 **KOTV Weekly** Boxing news.
11.30 **DTM Motorsport Highlights** Action from Oschersleben.
12.30 AM **Football** Real Betis v Lyon.
2.30 **World of FreeSports**
3.00 **LaLiga** Real Madrid v Barcelona.
5.00 **to 6.00** AM **NASCAR Highlights**

Premier Sports 2

420 APP 529

6.00 AM **Football** A chance to see Eintracht Frankfurt v Trabzonspor.
8.00 **Brasileiro Serie A** A replay of Internacional v Flamengo. **10.00** Another chance to see Corinthians v Atletico Paranaens.
12.00 NOON **Football's Greatest**
1.00 PM **LaLiga** Another chance to see Barcelona v Rayo Vallecano.
2.50 **United Rugby Championship** Leinster v Bulls in the final.
5.00 **NASCAR O'Reilly Series** Action from Indianapolis Motor Speedway.
8.00 **MotorSport** A look back at the career of Valentino Rossi.
8.30 **Bike World** Magazine.
9.00 **Brasileiro Serie A** A replay of Corinthians v Atletico Paranaens.
11.00 **Football's Greatest**
12.00 M'T **NHL Ice Hockey** Carolina Hurricanes v Vegas Golden Knights in games one and two of the Stanley Cup finals.
4.45 AM **Africa Eco Race**
5.00 **NHL: This is Hockey**
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

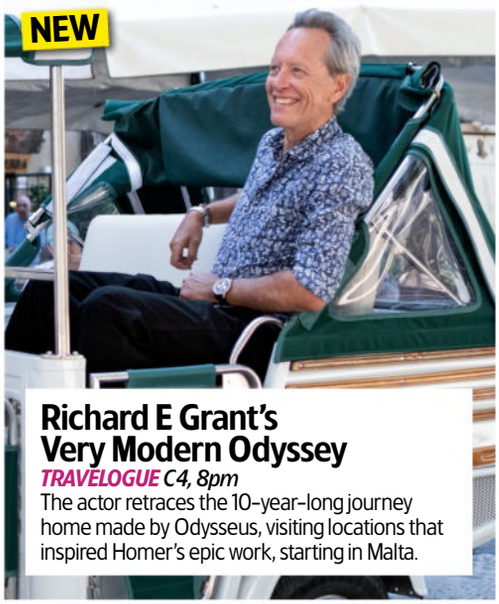
6.00 AM **Ginetta Juniors Highlights**
7.00 **GB3 Championship Highlights**
8.00 **The Fish and Chip Challenge**
8.30 **British Kart Championships**
9.30 **Ferrari Challenge Europe**
10.30 **Formula 1** Season highlights.
7.30 PM **At Home with Liam Lawson**
7.45 LIVE **GT World Challenge Europe** Coverage from France.
9.15 **At Home with Liam Lawson**
9.30 **Formula 1** Highlights.
12.45 **to 6.00** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

2 August

Planner



Richard E Grant's Very Modern Odyssey

TRAVELOGUE C4, 8pm

The actor retraces the 10-year-long journey home made by Odysseus, visiting locations that inspired Homer's epic work, starting in Malta.

Van der Valk *CRIME DRAMA ITV1, 8pm*

Marc Warren returns as the Dutch detective for a fourth series of the crime drama. Piet and his partner Lucienne (Maimie McCoy) shield a key witness against a ruthless crime boss – and there are unexpected complications when an old flame turns up at a murder scene.

Lioness

THRILLER Paramount+

Zoe Saldaña, Nicole Kidman and Morgan Freeman return in the third season of Taylor Sheridan's CIA thriller. The team face their most personal mission yet as foreign threats hit close to home, leaving Joe (Saldaña) to balance duty and family.

Commonwealth Games

SPORT BBC Alba, TNT Sports & HBO Max

As the Games draw to a close today, athletes to watch include England judoist Emma Reid—the reigning -78kg champion from Birmingham 2022 and a strong favourite for the gold medal.

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Countryfile		8.00 Antiques Roadshow		9.00 The Rapture		10.00 News	10.30 Film: Impossible †
	102 BBC2	◂ 6.00 Cricket: The Hundred – Live: MI London Men v Manchester Super Giants Men (Start-time 6.00)					9.30 Live at the...	10.00 Film: Shakespeare in Love	
	103 ITV1	7.00 Force of Nature		8.00 Van Der Valk				10.15 Film: Jack Reacher: Never...	
	104 CHANNEL 4	7.00 Gogglebox		8.00 Richard E Grant's Very Modern Odyssey		9.00 The Piano		10.05 Film: Erin Brockovich	
	105 5	7.00 The 1970s Diet: Could It Work For You?		8.00 Dogs Behaving (Very) Badly		9.00 Inside the Four Seasons: Park Lane		10.00 Commonwealth Games	
	106 SKY ONE	7.00 The Simpsons		8.00 David Attenborough's Dragons and...		9.00 Micky Flanagan: If Ever We Needed It		10.15 Film: Rambo III	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Shabaz Asks: Are Billionaires...	9.50 Gaia: A Death on Dancing Ledge		
	116 BBC4	7.00 The Fairytale Castles of King Ludwig II...		8.00 Cairngorms: A Year in the Wild		9.00 Great Violinists at the Proms		10.15 The Cheviot, the Stag and...	
	118 ITV2	◂ 6.45 Film: Miss Congeniality				9.00 The Only Way Is Essex		10.00 Family Guy	
	136 MORE4	◂ 6.55 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4		7.15 Cruising Paradise: Above and Below Deck		8.20 Film: The Simpsons Movie			10.00 Film: American Pie: The Wedding	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam				10.00 Irish Blood	
	108 SKY ATLANTIC	◂ 6.15 The White Lotus				9.00 House of the Dragon		10.15 Gomorrah: The Origins	
	110 U&GOLD	7.00 Gavin & Stacey			8.20 Dad's Army	9.00 The Royle Family			10.20 The Fast Show
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Special Ops: Crime Squad UK		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	◂ 6.55 Sharpe				9.00 Film: Time Bandits			
	112 COMEDY CENTRAL	7.00 Mr Bean	7.55 The Best of Mr Bean			9.00 Film: Sweet Home Alabama			
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 Stargate Universe			
	143 U&DRAMA	◂ 6.55 Hetty Wainthropp Investigates		8.05 Sister Boniface Mysteries		9.05 Silent Witness			
	109 U&ALIBI	7.00 Allegiance		8.00 Father Brown		9.00 Beyond Paradise		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Grand Ole Opry: Opry Live		8.00 Film: Murder by Decree					10.20 Johnson & Knopfler's...
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 Brit Cops Down Under	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities		8.00 Lost Treasures of Ancient Greece		9.00 Egypt's Sun King: Secrets and Treasures		10.00 Pompeii: Out of Time with Tom...	
	123 SKY HISTORY	7.00 Hannibal: A March on Rome		8.00 The Rise And Fall Of The Roman Empire				10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	◂ 6.55 Stanley Tucci: Searching for Italy	7.55 Bangers & Cash			8.55 Bangers & Cash: Restoring Classics		9.55 Canal Boat Diaries	
	114 SKY DOCS	◂ 6.00 David Holmes: The Boy...	7.45 Katie Price: Nothing to Hide			9.00 Barrow: The Truth Behind the...		10.00 Tell Them You Love Me	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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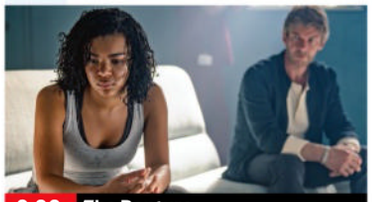
Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Prayer and Reflection** (S)(R)
10.30 **Pilgrimage: The Road Through North Wales** (S)(R)(AD)
11.30 **Money for Nothing** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.15 **Songs of Praise** (S)(R)
1.50 **Escape to the Country** (S)(R)
2.15 FILM **Puss in Boots** Animated comedy adventure, a spin-off from the *Shrek* films, featuring the voices of Antonio Banderas, Salma Hayek and Zach Galifianakis. (S)(AD) (2011, U, 80min) ★★★★
3.35 **The Mating Game** (S)(R)(AD)
4.35 **Homes Under the Hammer** Properties in Manchester. (S)(R)
5.35 **BBC News** (S)
5.50 **Local News** (S)


9.00 The Rapture

6 PM
6.00 **Celebrity Escape to the Country** Television presenter Angellica Bell and her husband, Michael Underwood, team up with Nicki Chapman to find a home in the Devon countryside. (S)(R)(AD)

7 PM
7.00 **Countryfile** New edition The first of four editions in which Adam Henson meets a new generation of farmers navigating the challenges and opportunities of producing our food. (S)

8 PM
8.00 **Antiques Roadshow** At Brodie Castle in Morayshire, Fiona Bruce meets a Highland Games commentator who has brought along items including a shot put and a brooch presented by Queen Victoria. (S)(R)

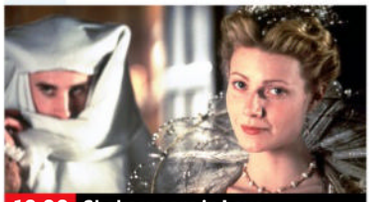
9 PM
9.00 **The Rapture** New episode 3/5. Gabs and Dick uncover evidence that Leonard is hiding something, while floods in India match Bethany's drawings. (S1) (S)(AD)
■ Continues tomorrow

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **The Impossible** Fact-based disaster movie starring Naomi Watts and Ewan McGregor. A family on holiday in Thailand in December 2004 struggle to survive after their beach resort is struck by the Indian Ocean tsunami. With Tom Holland. (S)(AD) (2012, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Who Do You Think You Are?** Actor Dame Harriet Walter traces her maternal ancestry. (S)(R)(AD)
1.10 **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.40 AM **A to Z of TV Gardening** (S)(R)
7.25 **Glorious Gardens from Above** (R)
8.10 **Countryfile** (S)(R)
9.05 **Best of Weatherman Walking** New edition Derek Brockway goes barefoot up Table Mountain. (S)
9.35 **Beechgrove Garden** (S)(R)
10.05 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.35 **Indian Food Made Easy** (S)(R)
12.35 FILM **Loch Ness** Drama starring Ted Danson and Joely Richardson. An American scientist comes to Scotland to disprove the existence of the Loch Ness monster. (S) (1995, PG, 100min) ★★★
2.15 LIVE **Cricket: The Hundred** MI London v Manchester Super Giants: Coverage of the women's match staged at the Oval in London. Start-time is at 2.30. (S)


10.00 Shakespeare in Love

6.00 LIVE **Cricket: The Hundred** MI London v Manchester Super Giants: Coverage of the men's match from the Oval in London. These two teams met last year at this ground with the game ending in a resounding nine-wicket victory for the London team. The Super Giants, known as the Originals last year, were bowled out for just 128 before the hosts reached their target with a massive 43 balls to spare, as Will Jacks hit 61 from just 26 balls. Start-time is at 6.00. (S)

9.30 **Live at the Apollo** Nabil Abdulrashid hosts the show from London's Hammersmith Apollo, introducing stand-up routines by fellow comedians Jake Lambert and Rachel Fairburn. (S)(R)

10.00 FILM **Shakespeare in Love** Oscar-winning romantic comedy starring Joseph Fiennes and Gwyneth Paltrow. Struggling playwright William Shakespeare is inspired to write *Romeo and Juliet* by a headstrong young lady who yearns to act. (S)(AD) (1998, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 **Golf: Women's Open Highlights** Action from the fourth and final day of the Major in Lancashire. (S)
12.55 AM **Sign Zone: Ann Droid** (S)(R)
1.25 **Sign Zone: The Devil in the Family – The Fall of Ruby Franke** 2/3. Ruby and Jodi's partnership deepens as together they reshape the family. (S)(R)(AD)
2.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's American Adventure** (S)(R)(AD)
7.00 **James Martin's Saturday Morning** With Kelly Brook. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Chat show. (S)(R)
11.30 **Fern Britton: Inside the Vet's** New edition Documentary. (S)(AD)
12.30 PM **Tom Kerridge Cooks Italy** (R)
1.00 **ITV News** (S)
1.10 **Force of Nature** (S)(R)(AD)
2.10 FILM **The Man with the Golden Gun** Spy adventure starring Roger Moore and Britt Ekland. (S)(AD) (1974, PG, 145min) ★★
4.35 **The Chase Celebrity Special** With Len Goodman, Will Kirk and Nicki Chapman. (S)(R)(AD)
5.35 **The Chase Around the World** With Bradley Walsh. (S)(R)(AD)

7.00 Force of Nature

6.30 **ITV News** (S)
6.45 **Local News** (S)

7.00 **Force of Nature** New edition 2/6. Shifting rains test three animal mothers as floods transform habitats, destroy homes, and bring perilous opportunity. (S)(AD)
■ Entire series on ITVX

8.00 NEW SERIES **Van der Valk** *Safe in Amsterdam:* 1/3. Return of the crime drama starring Marc Warren. After a whistleblower is murdered, the team must ensure the second testifies to take down Bibi Franken, the matriarch of a criminal empire. *See feature, page 8.* (S4) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.15 FILM **Jack Reacher: Never Go Back** Action thriller sequel based on Lee Child's novel, starring Tom Cruise, Cobie Smulders, Danika Yarosh and Aldis Hodge. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (S) (2016, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Teleshopping**
3.00 **Motorsport UK** Recent action from Snetterton. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.50 AM **Cheers** 8-10/22. (S1) (S)(R)
7.15 **Everybody Loves Raymond** 16-18/25. (S7) (S)(R)(AD)
8.30 **Frasier** 21-23/24. (S3) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With John Hannah, Matt Forde, Laura Smyth and Jen Brister. (S)
1.00 PM **Jamie Cooks the Mediterranean** (S)(R)(AD)
2.00 **Our Farm Next Door: Amanda, Clive and Kids** (S)(R)(AD)
3.05 **Britain's Favourite Railway Stations with Si King** (S)(R)(AD)
4.05 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
4.35 FILM **Sister Act** Comedy starring Whoopi Goldberg as a nightclub singer who takes sanctuary in a convent after witnessing a gangland murder. (S)(AD) (1992, PG, 115min) ★★★★

9.00 The Piano

6.30 **News** (S)

7.00 NEW **Gogglebox** Compilation of highlights from series 27, in which the Gogglebox check out more of the best TV. (S)(AD)

8.00 NEW SERIES **Richard E Grant's Very Modern Odyssey** 1/4. The actor retraces the route take by Odysseus in Homer's classic *The Odyssey,* beginning in Malta. *See feature, page 20.* (S)(AD)

9.00 **The Piano** New edition Claudia Winkleman and Mika are joined at London Bridge Station by Jools Holland. A 10-year-old takes to the keys and gets the whole station singing. (S)(AD)

10.05 FILM **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an environmental crusader. With Albert Finney. (S)(AD) (2000, 15, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Ramy** New episode 5&6/10. Double bill. (S3) (S)(AD)
1.40 **Ramsay's Kitchen Nightmares USA** From Nashville. (S)(SL)(R)
2.35 **Mr & Mrs '55 Remembered** (S)(R)
2.50 FILM **Mr and Mrs '55** Indian comedy with Madhubala. Subtitled. (1955, b/w, PG, 150min) ★★★
5.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

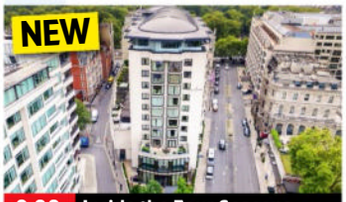
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.15 FILM **Rango** Animated western spoof featuring the voices of Johnny Depp and Isla Fisher. (S) (2011, PG, 135min) ★★★★
11.30 **Commonwealth Games** (S)(R)
12.30 PM **Happy Campers: The Caravan Park** (S)(R)
1.30 **Cruising with Susan Calman** The comedian takes a cruise to Mexico via the US. (S)(R)
2.30 **Jane McDonald's Yorkshire: No Place Like Home** The singer explores Yorkshire, beginning in her home town of Wakefield. (S)(R)
4.00 LIVE **UK's Strongest Man** Coverage of the second day staged at Planet Ice Milton Keynes, featuring Group B. (S)



9.00 Inside the Four Seasons

6.55 **News** (S)
7.00 **The 1970s Diet: Could It Work For You?** A social experiment in which presenter Josie Gibson immerses herself in the food, drink and health culture of the 1970s. (S)(R)
8.00 **Dogs Behaving (Very) Badly** Graeme Hall meets a beagle with a large appetite and two cockapoos who won't stop barking, making their owner the talk of the town. (S)(R)
9.00 NEW SERIES **Inside the Four Seasons: Park Lane** 1/5. Documentary going behind the scenes of the luxury London hotel. Julian at the concierge desk takes on a last-minute mission. (S)
10.00 **Commonwealth Games** Highlights from the final day with medals on the line in netball, judo, bowls and para bowls, and track cycling and para track cycling. (S)
11.05 **JFK Assassination: Inside the Trauma Room** (S)(R)
1.00 AM **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** Jitka visits the surgery with excruciating back pain. (S)(R)
2.50 **Holiday Scams: Don't Get Caught Out** (S)(R)
3.40 **Friends** (S8&9) (S)(R)(AD)
4.30 **The Highland Vet** (S)(SL)(R)
5.20 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S8) (S)(R)(AD)
8.45 **A Cheetah's Pride** (S)(R)
9.45 **Macaque Island** (S)(R)
10.45 LIVE **Cricket: The Hundred** Trent Rockets v SunRisers Leeds: Coverage of the women's match from Trent Bridge. Start-time is at 11.00.
2.00 PM **The Simpsons** (S)(R)
3.30 **Best Medicine** 9/13. Martin's parents make a visit. (S1) (S)(R)
4.30 NEW SERIES **Animal Control** 1/12. Tensions rise when budget cuts force the two animal control precincts to merge. (S) **5.00** New episodes 2/12. The precinct's new kennel has its grand opening. (S) **5.30** 3/12. Frank defends Templeton against accusations of dognapping. (S4) (S)

9.00 If Ever We Needed It

6.00 **Animal Control** New episodes *Lost Dogs and Bar Flies:* 4/12. Frank's dog is taken from him. (S) **6.30** *French Bulldogs and White Broncos:* 5/12. Patel hosts a fundraiser. (S4) (S)
7.00 **The Simpsons** *Dancin' Homer:* Homer becomes his local baseball team's mascot. (S)(R) **7.30** *Dead Putting Society:* Bart decides to enter a golf tournament. (S)(R)
8.00 **David Attenborough's Dragons and Damsels** Delving into the lives of dragonflies and damselflies, showing their manoeuvres, mating strategies and flight dynamics. (S)(R)(AD)
9.00 **Micky Flanagan: If Ever We Needed It** Stand-up show by the comedian, who discusses life since turning 60 and growing older and reflects on the changes in the world around him. (S)(R)
10.15 FILM **Rambo III** Action adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. With Richard Crenna. (S) (1987, 18, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **La Brea** 9/14. A survivor gets murdered. (R)(AD) **1.15** 10/14. An enemy threatens to kill a survivor if their demands aren't met. (S2) (R)(AD)
2.10 **The Walking Dead: Dead City** 1/8. Maggie and Negan become trapped. (S1) (S)(R)(AD)
3.10 **Road Wars** (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.30pm Icons of Football (S)(R) **11.30** Sportscene: Premiership Highlights (S)(R) **12.15am** FILM The Impossible (S)(AD) (2012, 12, 100min) ★★★★ **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.30pm NEW Fleadh Folk (S) **11.30pm-1.10am** FILM The Impossible: As Scotland.

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Cosmos **10.00** Eisteddfod Genedlaethol New edition **11.00** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.40** Newyddion a'r Tywydd **6.50** Pobol y Cwm Omnibws (AD) **8.00** Eisteddfod Genedlaethol New edition **9.30** LIVE Gemau'r Gymanwlad: Y Ras i Glasgow **10.30pm-12.15am** Sgorio

TV&Streaming week Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Ian prepares for what could be his final day of freedom. **7.30** Sheila is left shaken after a tense visit with Gray. **8.00** Gray continues to manipulate Sheila. **8.30** Nicola tries to make peace with Eve and Suki.
9.00 **Shabaz Asks: Are Billionaires Bad?** Broadcaster Shabaz Ali questions the positive and negative influences the super-rich have on society.
9.50 **Gaia: A Death on Dancing Ledge** Zara McDermott investigates a mysterious death from 2017. **10.35** Zara McDermott's investigation uncovers a world of online grooming. **11.20** How the inquest into Gaia Pope-Sutherland's death unearthed over 50 missed opportunities.
12.05 AM **Kidnapped by My Mum** Documentary.
1.45 **Top Gear**
2.45 **Doctor Who** *Hell Bent.*
3.45 **to 3.55** AM **Quiet Life**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Fairytale Castles of King Ludwig II with Dan Cruickshank** The aesthetics associated with Ludwig II of Bavaria.
8.00 **Cairngorms: A Year in the Wild** A tour of Britain's largest national park.
9.00 NEW **Great Violinists at the Proms** Performances by Sueye Park, Liya Petrova and Nicola Benedetti.
10.00 NEW **Bill Paterson Remembers...** The actor looks back on one of the earliest roles of his career.
10.15 **The Cheviot, the Stag and the Black, Black Oil** The 1974 adaptation of John McGrath's play with Bill Paterson and Alex Norton.
11.45 **7:84: Keep Right On? – Ex-S** The fortunes of the 7:84 Theatre Company.
12.15 AM **Munro: Mountain Man**
1.15 **The Fairytale Castles of King Ludwig II with Dan Cruickshank** As 7.00pm.
2.15 **to 3.15** AM **Cairngorms: A Year in the Wild**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me** Geoff hopes to impress with a nine-course tapas menu. **4.20** Hair salon owner Natalie hosts the second dinner party in Wigan. **4.50** Music teacher and funeral singer Alan has a Greek evening lined up. **5.20** Gymnastics teacher Simon hosts on his birthday. **5.55** Caroline ends the week in Wigan with a 'proper Lancashire night'.
6.25 **Four in a Bed** The competition begins at Lodge Duxford in Cambridgeshire. **6.55** The B&Bers pay a visit to Emerald Stays in Stratford-upon-Avon. **7.25** The B&Bers stay at The Barn in North Yorkshire. **7.55** A visit to Dilham Hall Retreats in Norfolk. **8.30** Payment Day arrives.
9.00 **The Emergency Ward** Dr Sparkhall fears the worst as he takes the tourniquet off a handyman's blood-soaked arm.
10.00 **24 Hours in A&E** Doctors are concerned a woman may be paralysed following a fall from a tree, while 78-year-old Peter has arrived with abdominal pain.
11.00 **24 Hours in A&E**
12.05 AM **The Emergency Ward**
1.00 **24 Hours in A&E**
3.10 **to 3.40** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.05 **Ramsay's Hotel Hell**
8.05 **Ramsay's Kitchen Nightmares USA**
12.05 PM **The Simpsons**
4.10 FILM **Cheaper by the Dozen 2** Comedy sequel starring Steve Martin, Bonnie Hunt and Eugene Levy. (2006, PG, 94min) ★★★★
6.00 **The Great Australian Bake Off** New edition 9/10. The four remaining bakers take on Patisserie Week in the semi-final.
7.15 **Cruising Paradise: Above and Below Deck** Princess Cruises' *Star Princess* sets sail on a month-long voyage around the Caribbean.
8.20 FILM **The Simpsons Movie** Animated comedy with the voices of Dan Castellaneta, Julie Kavner, Yeardley Smith and Nancy Cartwright. (2007, PG, 83min) ★★★★★
10.00 FILM **American Pie: The Wedding** Teen comedy sequel starring Jason Biggs and Alyson Hannigan. The old high school friends rally round when two of the gang decide to get married, but much goes wrong before the big day. (2003, 15, 96min) ★
11.55 **Gogglebox** Double bill.
2.05 AM **Below Deck: Mediterranean**
3.40 **Brooklyn Nine-Nine**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

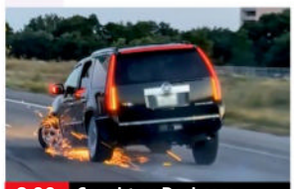
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Customs UK** A passenger at Bristol Airport is caught smuggling cigarettes. **12.30** PM Customs officers at Bristol catch three passengers carrying 87kg of tobacco.
1.00 **UK Border Force**
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.


8.00 Caught on Dashcam

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** New edition Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **Caught on Dashcam** Fly-on-the-dashboard documentary showcasing outrageous road disasters.

10 PM

10.00 **Irish Blood** *Machine:* 5/6. Fiona and Róisín uncover Declan's hidden hard drive and Johnny McIntyre is broken out of prison. (S1)
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI: Most Wanted** (S1)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode
3.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 11&12/12. (S4)
10.15 **Homicide: Life on the Street**
12.25 PM **The White Lotus** Six episodes, including at: **2.40** 3/7. Harper decides to be a more pleasant version of herself for the day. **3.50** 4/7. Harper is blindsided by shocking evidence. **5.00** 5/7. Tanya and Portia embark on an excursion with Quentin and Jack. **6.15** 6/7. Ethan grows suspicious of Cam. (S2)

7.30 The White Lotus

7.30 **The White Lotus** *Arrevderci:* 7/7. Albie asks Dominic for a karmic payment to help Lucia, Tanya grows wary of Quentin's motives, and Valentina gives Mia a chance. (S2)

9.00 **House of the Dragon** 6/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

10.15 **Gomorrah: The Origins** 1/6. Pietro Savastano has dreams of following in the footsteps of local gangster Angelo. Subtitled. (S1)
11.20 **Gomorrah: The Origins** (S1)
12.15 AM **Homicide: Life on the Street** 8&9/22. (S4)
2.00 **House of the Dragon** New episode 7/8. *Game of Thrones* prequel. (S3)
3.15 **Billions** 6/12. (S1)
4.20 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
8.00 **Dress to Impress**
9.05 **The Princess Diaries**
11.05 **Deal or No Deal**
2.10 PM **Celebrity Catchphrase**
3.15 FILM **Penguins of Madagascar** Animated comedy with the voice of Benedict Cumberbatch. (2014, U, 88min) ★★★★
5.00 FILM **Johnny English** Comedy starring Rowan Atkinson and Natalie Imbruglia. (2002, PG, 88min) ★★★

6.45 Miss Congeniality

6.45 FILM **Miss Congeniality** Comedy starring Sandra Bullock as a scruffy FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 NEW SERIES **The Only Way Is Essex** Elma is struggling to forgive Harry, while Saff and Ella reopen old wounds.

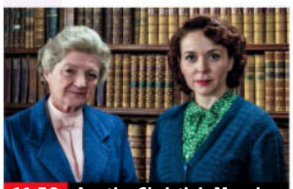
10.00 **Family Guy** 4/16. Stewie is left home alone. (S7) **10.30** 2/12. Meg faces unfair treatment in the workplace. (S6)
11.05 **Family Guy** 3/12. Joe decides to get a leg transplant. (S6)
11.35 AM **American Dad!** (S16)
12.35 **Plebs** 7/8. The boys bump into an old schoolmate. (S2)
1.05 **G'wed** 2&3/6. (S1)
2.00 **Deal or No Deal**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **A Touch of Frost**
8.50 **Doc Martin** 4/8. (S8)
9.50 **Lewis** *Fearful Symmetry.*
11.50 **Agatha Christie's Marple**
2.00 PM **Midsomer Murders** *Small Mercies:* A body is found tied down in a miniature village. **4.00** *The Creeper:* A burglar dubbed 'the Creeper' targets Midsomer. Guest stars Rik Mayall and Jenny Agutter. **6.00** *The Great and the Good:* Barnaby investigates the murder of a local councillor.


11.50 Agatha Christie's Marple

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *The Sword of Guillaume:* Barnaby joins Causton's annual trip to Brighton when he becomes suspicious about the mayor's plans to buy up coastal land for holiday chalets. Guest stars Brian Capron and Mark Gatiss.

10.00 **Vera** *Shadows in the Sky:* When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a young man's death and uncovers a life of secrets and lies.
11.50 **Wycliffe** *The Cycle of Death:* Pilot episode of the drama starring Jack Shepherd.
1.30 AM **Trigger Point** 5/6. (S3)
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **The Big Match Revisited**
8.00 **British Touring Car Championship Highlights**
9.30 **Goodwood Festival of Speed** Event highlights.
10.30 **River Monsters**
11.00 **Cadfael**
2.20 PM FILM **The Horse Soldiers** John Ford Western starring John Wayne. A Union colonel leads a mission behind enemy lines. (1959, U, 115min) ★★
4.45 **Sharpe** 1/3. (S3)

9.00 Time Bandits

6.55 **Sharpe** *Sharpe's Battle:* 2/3. The officer is charged with transforming the Royal Irish Company into an experienced fighting unit, but rumours of a massacre in Ireland have a negative effect on the men's morale. (S3)

9.00 FILM **Time Bandits** Fantasy adventure starring John Cleese and Sean Connery. Six dwarfs steal a map of the cosmos and become bandits travelling across time. (1980, PG, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Summit Australia** New edition 5/6. The hikers face a run for their lives.
12.45 AM **Minder** *Don't Tell Them Willie Boy Was Here.*
1.40 **Robin of Sherwood**
2.35 **to 3.00** AM **Two and a Half Men**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights**
8.00 **My Epic Camel Adventure with Gordon Buchanan** Gordon crosses Mongolia's Gobi desert.
9.00 **Paramedics on Scene** New edition 6/10. A man suffers a traumatic injury in a mountain bike accident.
10.00 **Still Game** 3/9. Jack and Victor try a new wonder drug. (S2)
10.30 **Scot Squad** 2/6. The detectives smash a smuggling operation. (S4)
11.00 **Cumming to the Cabaret** New edition 5/6. Daphne shares her Icelandic plans with Alan. **11.25** Series finale 6/6. Darren decides to share his ideas with Alan.
11.45 PM **to 12.00** M'T **Scotland's Most Remote Club Night**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 2/8. (S2)
8.25 **Will & Grace** (S6)
11.00 **Breeders** 9&10/10. (S4)
12.00 NOON **Community** (S1)
2.30 PM **Will & Grace**
5.00 **The Office (US)** 8/19. Part two of two. Dwight pines over Angela. **5.30** 9/19. Michael shows his creative side. **6.00** 10/19. Karen tries to lure Stanley from the Scranton branch. **6.30** 11/19. Michael treks into the woods on a survival adventure. **7.00** 12/19. Jan sues Dunder Mifflin. (S4)
7.30 FILM **Chicken Run** Animation. (2000, U, 84min) ★★★★
9.00 **Ellie Taylor: Palavering!**
10.00 **Chris Ramsey: Live from London** Stand-up.
11.00 **Sam Jay: Salute Me or Shoot Me** Stand-up.
12.15 AM **Lil Rel Howery: I Said It. Y'all Thinking It**
1.30 **I Love LA** 5-8/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Making a Maestro**
9.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Cirque du Soleil**
3.00 **André Rieu: Live in Malta** In Floriana.
4.30 **Classic Artists: Cream**
7.00 **Grand Ole Opry: Opry Live** New edition With Vince Gill, Patty Loveless and Dustin Lynch.
8.00 FILM **Murder by Decree** Chiller with Christopher Plummer. (1978, 12, 112min) ★★★★
10.20 **Johnson & Knopfler's Music Legends**
11.20 **Gary Moore: One Night in Dublin** From 2005.
12.40 AM **Jeff Beck – Live in Tokyo** From 2014.
2.40 **BB King: Live in Concert at the Royal Albert Hall**
4.25 **Discovering**
4.50 **Classic Albums**
5.50 **to 6.00** AM **Sky Arts Ambassador Bursary Shorts**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
8.00 **Border Security: America's Front Line**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Police 24/7**
4.00 **Wildlife ER**
5.00 **Africa's Claws and Jaws**
7.00 **Caught Red Handed** A dog walker's cruel actions spark outrage from animal lovers. **7.40** The burglar who tried to batter his way into a chip shop. **8.20** A trap is set to catch bogus builders.
9.00 **Rob & Romesh vs Magic in Vegas** Rob Beckett and Romesh Ranganathan join Penn & Teller's show.
10.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep** With Andrea McLean, Nadia Sawalha and Harry Redknapp.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** With Richard Bacon, Daisy Arwen Campbell, Neil Jones and Gary Wilmot.
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill.
8.00 **Celebrity Supermarket Sweep** With Jordan Banjo, Martin Kemp and Joanna Page.
9.00 **The Chase Celebrity Special** With Lance Ellington, Bob Champion and Sally Lindsay.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Property show.
3.00 **Grand Designs**
4.00 **A Place in the Sun: Home or Away**
5.05 **A Place in the Sun**
6.50 FILM **The Lost City** Comedy adventure starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. (2022, 12, 112min) ★★★★
9.00 **Gogglebox** Double bill.
11.05 **Murder Case: The Digital Detectives**
12.10 AM **Crime Scene Cleaners** Documentary.
1.10 **999: On the Front Line**
2.15 **Naked Attraction**
3.15 **8 Out of 10 Cats Does Countdown**
4.15 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the drama, including at: **3.00** PM 20/22. Kinsey tries to assume control of the programme. (S7)
4.00 **Stargate Atlantis** 19/20. Teyla encounters trouble on a search for giant insects. **5.00** 20/20. McKay battles to save Atlantis. (S3) **6.00** 1/20. The expedition becomes stranded in space with 24 hours of power. (S4)

9.00 Stargate Universe

7.00 **Stargate Atlantis** *Lifeline:* 2/20. Sheppard plans a mission to obtain a power source for Atlantis from the Replicator city.
8.00 **Stargate Atlantis** *Reunion:* 3/20. The team stumble upon survivors from Ronon's homeworld. (S4)
9.00 **Stargate Universe** *Life:* 9/20. Camille and Scott use the communication stones to visit loved ones on Earth.
10.00 **Stargate Universe** *Justice:* 10/20. Colonel Young becomes the chief suspect when a crew member is killed. (S1)
11.00 **Grimm** 16/22. An evangelical preacher uses his Wesen identity to gain more believers. **12.00** M'T 17/22. The severed head of a young man is discovered under a bridge. **1.00** AM 18/22. Hank reunites with an old flame. (S5)
2.00 **The Walking Dead** (S7)
4.20 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Maisie Raine** (S1)
12.00 NOON **Father Brown**
4.00 PM **Miss Scarlet** 3/6. A treasure hunt brings Moses back to London from Paris to sell a priceless diamond. **5.00** 4/6. New Detective Inspector Charlie Phelps decides to hire Eliza for a case involving his uncle. (S6)
6.00 **Death in Paradise** 1/8. Humphrey investigates the death of a scientist studying a volcano. (S6)

9.00 Beyond Paradise

7.00 **Allegiance** *Do No Harm:* 9/10. Sabrina and Zak are called to a robbery at a cancer pharmacy. (S2)
8.00 **Father Brown** *The Cup of Calabria:* The Roman Catholic priest joins forces with Flambeau to hunt for a priceless holy relic.
9.00 **Beyond Paradise** 4/6. Humphrey's team explore a connection between a priest's disappearance and a local legend. (S2)
10.00 **The Hunting Party** *Ron Simms:* 1/13. Bex fights to have the team back so they can catch the 'Boogeyman' killer. (S2)
11.00 **CSI: Vegas** 7/10. Grissom and Sara begin to circle their prime suspect. **12.00** M'T 8/10. The CSIs are called to investigate remains found in a bathtub. (S1)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Red Dwarf**
12.40 PM **Red Dwarf** Ten episodes of the series, including at: **3.50** The crew discover a miraculous machine. **4.30** The ship's captain invites Rimmer to dinner. **5.00** The crew members plug themselves into a computer game to play in a virtual world. **5.40** Cat trips the light fantastic in a bid to impress the girl of his dreams. **6.20** The crew receive an SOS call from themselves – from 15 years in the future.

9.00 The Royle Family

7.00 **Gavin & Stacey** Gavin is distraught when he and Stacey have their first tiff. **7.40** The families unite for a party in Billericay – unprepared for the bombshell that awaits.
8.20 **Dad's Army** An invasion alert throws the would-be heroes into a panic.
9.00 **The Royle Family** The arrival of a huge phone bill is the last thing Jim needs. **9.40** Jim grumbles about having to foot the entire bill for Denise's wedding.
10.20 **The Fast Show** The Off-Roaders get stuck and a Chorus Girl surprises everyone with her singing.
11.00 **The Fast Show** Ted and Ralph discuss green overalls. **11.35** With Unlucky Alf and Bob Fleming.
12.15 AM **The Royle Family**
1.35 **Red Dwarf**
3.25 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Top Gear**
8.00 **Storage Hunters UK**
9.00 **Guy Martin: Proper Jobs**
11.00 **Red Bull Soapbox Race**
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Triple bill.
3.00 **The Hairy Bikers' Asian Adventure** Double bill.
5.00 **Would I Lie to You?** With John Bishop, Chris Addison, Joanna Page and Patsy Palmer. **5.40** With Miranda Hart and Hugh Fearnley-Whittingstall. **6.20** With Patrick Kielty and Bernard Cribbins.

3.00 The Hairy Bikers

7.00 **Border Force: America's Gatekeepers** Officers hand over a convict to Mexican authorities.
8.00 **Special Ops: Crime Squad UK** Lancashire police get a call about a cryptocurrency heist worth £100million.
9.00 **Have I Got a Bit More News for You** Steph McGovern hosts, with guests Stephen Mangan and Salma Shah.
10.00 **QI** With Sean Lock, Bill Bailey and Anneka Rice.
10.40 **Mock the Week** With Ed Byrne, Rob Beckett, Sara Pascoe and Ed Gamble.
11.20 **Mock the Week** With Josh Widdicombe and Ed Gamble.
12.00 M'T **Live at the Apollo** With Fatiha El-Ghorri. **1.00** AM With Ania Magliano.
2.00 **QI XL**
3.00 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.00 NOON **Call the Midwife**
1.20 PM **Call the Midwife** Sister Hilda and Dr Turner support a father with a lung condition.
2.40 **Catherine Cookson's The Rag Nymph** Period drama charting the relationship between a tough Newcastle rag-woman and the waif she resolves to protect.
5.55 **Home Fires** 5/6. The villagers prepare for harvest time, but Steph faces losing the farm if she can't meet her quota. (S2)

9.05 Silent Witness

6.55 **Hetty Wainthropp Investigates** *Woman of the Year:* 6/6. Hetty poses as a victim of domestic abuse. (S2)
8.05 **Sister Boniface Mysteries** *The Good Samaritan:* 10/12. A local resident is found poisoned. (S2)
9.05 **Silent Witness** *Deadhead:* Nikki investigates a plane crash in which a former US ambassador is killed, and evidence begins to emerge that the aircraft was deliberately sabotaged.
11.20 **New Tricks** *Shadow Show:* The squad re-examine the disappearance of an actor. Guest stars Imogen Stubbs and Sandra Dickinson.
12.20 AM **Call the Midwife**
1.40 **2point4 Children**
2.45 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

Sunday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.25 **Blue Bloods** (S4)
1.15 PM **Columbo**
6.45 **Columbo** *Murder Under Glass:* The detective investigates a murder involving a renowned food critic suspected of killing a restaurateur.
8.15 **Columbo** *Now You See Him:* A magician kills a man in a bid to cover up his past as a Nazi war criminal, but Columbo sees through his alibi.
10.00 **Law & Order: Special Victims Unit** *Broken Rhymes:* 6/21. The CEO of a record label and his protégé are questioned by officers for their suspected involvement in a transgender student's assault. (S18)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.55 **to 3.50** AM **NCIS: Los Angeles**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.30 **Highway Patrol**
11.00 **100 Amazing Animal Rescues** Documentary.
1.05 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Officers investigate reports of someone brandishing a blade.
9.00 **Trauma Room One** A patient is rushed to hospital in fear that she could be paralysed.
10.00 **Surgeons: A Matter of Life or Death** A surgeon hopes that he can help a patient with an aneurysm just above his heart.
11.00 **A&E After Dark**
12.00 M'T **The Limbs in the Loch: Killer On the Run**
1.00 AM **Text Me When You Get Home** New edition
1.55 **Skin A&E**
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue** Documentary.
9.35 **Outback Truckers**
11.30 **Gunsmoke**
4.45 PM **FILM The Quick Gun** Western starring Audie Murphy. (1964, PG, 87min) ★★
6.35 **FILM Shane** Classic western starring Alan Ladd as an enigmatic gunfighter who is drawn into a feud between homesteaders and cattlemen in 1890s Wyoming. With Jean Arthur. (1953, PG, 118min) ★★★★★
9.00 **FILM For a Few Dollars More** Classic Spaghetti Western starring Clint Eastwood and Lee Van Cleef as cowboy bounty hunters who join forces to track down a killer. With Klaus Kinski. (1965, 15, 128min) ★★★★
11.45 **Outback Truckers**
3.40 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Neighbours**
11.00 **My Family**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance** Paramedics rush to an unconscious man in a diabetic coma. **7.00** Paramedics rush to a man who is fighting for breath and having sudden chest pain.
8.00 **Inside the Operating Theatre** A man has his varicose veins removed. **9.00** A man has his badly broken nose reset.
10.00 **Brit Cops Down Under** The first wave of new recruits grapple with a new life down under. **11.00** Ben works his first day at Perth station, which also coincides with Christmas Day.
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Great Continental Railway Journeys**
10.00 **Seven Worlds, One Planet** Double bill.
12.00 NOON **Canal Boat Diaries** Triple bill.
3.00 PM **Explore**
5.00 **Stanley Tucci: Searching for Italy**
7.55 **Bangers & Cash** Derek collects an Opel Manta.
8.55 **Bangers & Cash: Restoring Classics** The team may finally make a profit when they sniff out a bargain Porsche.
9.55 **Canal Boat Diaries** Robbie Cumming begins a new canal adventure. **10.55** A journey on the Llangollen Canal takes an unexpected turn.
11.55 **Canal Boat Diaries**
12.55 AM **Flipping Bangers**
1.55 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Lee Sharpe.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Cases include a woman who was transported from Bogota to Berkshire when her Colombian birth mother gave her up for adoption.
10.00 **Who Do You Think You Are?** Actor Claire Foy traces her ancestry, heading to Carlisle to where her great, great grandparents lived.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.10 AM **Highway to Heaven**
9.10 **The Waltons** (S5)
5.10 PM **FILM Carry On Teacher** Comedy starring Ted Ray. Pupils sabotage a visit by a school inspector. (1959, b/w, U, 86min) ★★★
7.00 **Around the World in 80 Days** 1/3. Adaptation of the novel by Jules Verne starring Pierce Brosnan. Adventurer Phileas Fogg accepts a wager that he can circle the globe in 80 days.
9.00 **FILM Air Force One** Action drama starring Harrison Ford. The US president battles Russian terrorists who have hijacked Air Force One. (1997, 15, 124min) ★★★
11.35 **M*A*S*H** 6-9/20. (S9)
1.35 AM **Rising Damp** (S1)
2.05 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **The High Chaparral**
10.00 **FILM Rage at Dawn** Western. (1955, U) ★★
11.55 **FILM Destry Rides Again** Comedy with Marlene Dietrich. (1939, b/w, PG, 94min) ★★★★★
2.00 PM **FILM Bandolero!** Action Western. (1968, 15, 106min) ★★★
4.25 **FILM 40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
6.30 **FILM Predestination** Sci-fi thriller starring Ethan Hawke. (2014, 15, 98min) ★★★★
8.30 **FILM The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
10.25 **The Avengers** (S5)
11.25 **The New Avengers**
12.25 AM **The Persuaders!**
1.25 **FILM Collision Course** Thriller. (2012, PG) ★★
3.20 **Coast Guard Alaska**
4.50 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **FILM Murder, She Baked: A Peach Cobbler Mystery** Drama starring Alison Sweeney. (2016, PG, 85min) ★★
11.00 **Murder, She Wrote** Ten episodes of the drama.
9.00 PM **FILM Ruby Herring Mysteries: Silent Witness** Crime drama starring Taylor Cole and Stephen Huszar. (2019, PG, 90min) ★★
10.55 **FILM Ruby Herring Mysteries: Her Last Breath** Crime thriller starring Taylor Cole. (2019, PG, 84min) ★★
1.00 AM **FILM Out of Control** Thriller starring Laura Vandervoort. (2009, PG, 95min) ★★
2.35 **FILM Labour, Lies and Murder** Thriller. (2022, U, 85min) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Love's Complicated** Comedy. (2016, PG, 85min) ★★
10.05 **FILM Two For The Win** Drama. (2021, PG) ★★
12.00 NOON **FILM The Way to the Heart** Drama. (2022, PG, 86min) ★★
2.00 PM **FILM Summer Villa** Drama. (2016, PG) ★★
3.50 **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
5.45 **FILM The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
7.35 **FILM Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
9.35 **FILM Butlers in Love** Romantic comedy. (2022, PG, 89min) ★★
11.40 **FILM You Had Me at Aloha** Romantic drama. (2021, PG, 84min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Summer Villa** (2016)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Four editions.
2.00 PM **Lake District Rescue** Double bill.
4.00 **Case Sensitive** (S1)
6.00 **FILM Battle of the Commandos** Adventure. (1971, 18, 90min) ★★★
8.00 **Garden Rescue**
9.00 **Becoming Jazzy Whipps**
9.15 **FILM Girls Come First** Comedy starring John Hamill and Bill Kerr. (1975, 18, 43min) ★★
10.15 **FILM Sex and the Other Woman** Comedy anthology starring Bartlett Mullins. (1972, 18, 105min) ★★★
12.00 M'T **FILM Hussy** Drama. (1979, 18, 94min) ★★★
2.00 AM **FILM The Lady Vanishes** Mystery comedy. (1938, b/w, U, 98min) ★★★★★
4.00 **to 5.00** AM **Swinging London Session Musicians**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
9.00 **Doctor in Charge**
10.00 **Bottle Boys** (S2)
11.30 **The Fenn Street Gang**
1.00 PM **Second Thoughts**
2.30 **Agony** 4&5/7. (S3)
3.30 **Hallelujah** 4&5/8. (S2)
4.30 **Bottle Boys** (S2)
6.00 **Frankie's On**
6.30 **Doctor in Charge** (S1)
7.30 **The Fenn Street Gang**
9.00 **Space 1999** 8/24. (S2)
10.00 **FILM Sex and the Other Woman** Anthology of five comic tales about married men having affairs, starring Bartlett Mullins and Maggie Wright. (1972, 18, 105min) ★★★
11.45 **London in the Raw** The city's strip clubs.
1.15 AM **Stereo Underground**
2.15 **Frankie's On**
2.40 **Agony** 3-5/7. (S3)
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **How Do They Do It?**
9.00 **Kindig Customs**
1.00 PM **Junkyard Empire**
3.00 **Ant Anstead Master Mechanic** Four editions
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team decide to split up and corner Bigfoot. **8.00** The team's search culminate in a monumental discovery.
9.00 **Curse of the Bermuda Triangle** Documentary series examining the mysteries surrounding the Bermuda Triangle. **10.00** Experts follow clues to strange anomalies that may have ties to Atlantis.
11.00 **Expedition X** Phil and Jess examine Utah's Uinta Basin region.
12.00 M'T **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food: Best Of**
1.00 PM **James Martin's Spanish Adventure**
3.00 **The Great British Bake Off** The hopefuls serve up custard-based dishes. **4.30** The bakers face pastry-based tasks. **6.00** The semi-final features patisserie tasks. **7.30** The final of the 2022 culinary contest.
9.00 **James Martin's Spanish Adventure** The chef meets a fisherman selling Denia shrimp.
10.00 **Man v Food** Flame-grilled beef in Baltimore. **10.30** A giant milkshake in Washington, DC.
11.00 **Michel Roux's French Country Cooking**
12.00 M'T **James Martin's Spanish Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5** (S2)
12.00 NOON **FILM Gallipoli** Wartime drama. (1981, PG, 111min) ★★★★
2.05 PM **FILM The Shooting** Haunting western. (1966, 15, 82min) ★★★
3.40 **FILM Posse** Western. (1975, 15, 94min) ★★
5.25 **FILM Silverado** Western with Kevin Kline. (1985, PG, 132min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM The Alamo** Epic Western starring Dennis Quaid and Billy Bob Thornton. (2004, 12, 137min) ★★★
11.45 **FILM War Pigs** World War Two adventure starring Luke Goss. (2015, 15, 88min) ★★
1.40 AM **FILM Seal Team VI: Journey into Darkness** Fact-based thriller. (2008, 18, 99min) ★★
3.30 **to 5.15** AM **FILM Doctor Faustus** Horror. (1968, PG, 93min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S2&3)
3.00 PM **FILM Princess of Mars** Sci-fi adventure. (2009, 12, 90min) ★★
5.00 **FILM The Land That Time Forgot** Fantasy. (2009, 12, 90min) ★★
7.00 **FILM The Jigsaw Man** Cold War spy drama starring Michael Caine. (1983, 15, 91min) ★★
9.00 **FILM The Hunted** Thriller starring Christopher Lambert. (1995, 18, 105min) ★★
10.50 **FILM Hammer of the Gods** Adventure starring Charlie Bewley. (2013, 18, 94min) ★
1.30 AM **FILM Robin Hood: The Rebellion** Adventure starring Ben Freeman. (2018, 12, 92min) ★
3.00 **FILM Earthstorm** Thriller. (2006, PG, 90min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
9.15 **Pawn Stars**
11.10 **Container Wars**
1.05 PM **Junk & Disorderly**
4.05 **Storage Wars: Texas** Six editions of the series.
7.00 **Secrets in the Jungle** Archaeologists find an ancient structure built on granite columns.
8.00 **Secrets in the Sand** How new discoveries are redefining the history of human migration.
9.00 **Mysteries Unearthed with Danny Trejo** A deadly discovery hiding under one of America's national parks.
10.00 **Cursed Histories** The Egyptian royals who promise turmoil for anyone who disturbs their 'eternal rest.'
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
2.00 **Cops Uncensored**
3.00 **to 6.00** AM **River Hunters**

5SELECT

153 166 138 46 133 30

9.00 AM **Secret Life of the Forest** Triple bill.
12.00 NOON **All Creatures Great and Small** Five episodes, including at: **4.05** PM *Holding the Baby:* 2/6. Helen realises that James needs to get the hang of life with a baby. (S5)
5.05 **The Madame Blanc Mysteries** 5&6/6. (S4)
7.00 **Prince William: Passion, Honour, Duty** A profile of the Prince of Wales.
8.30 **Megxit: Inside the Sandringham Summit** A look at the 2020 meeting that changed the Royal Family for ever.
10.00 **Kate: Our New Diana?** Comparing the two Princesses of Wales – Kate and Diana.
11.00 **Taggart** Crime drama.
1.40 AM **Prisoner: Cell Block H** Double bill.
3.35 **to 4.00** AM **The Yorkshire Vet**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With guests Rory Bremner, Laura Tobin, Deborah Meaden and Alan Titchmarsh. **6.00** Jonathan Ross, Katy Brand, Chris Hollins and Jo Wood compete.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Guests Rhea Bailey, Mike Bushell, Annabel Croft and Rylan Clark-Neal take part.
10.00 **The Chase** Double bill.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 22/23. The origins of Sheldon and Leonard's friendship are revealed. **7.30** 23/23. Penny gets drunk and decides to seduce Leonard. (S3)
8.00 **Georgie and Mandy's First Marriage** 11/22. Georgie leaves the store to work for Jim's enemy. **8.30** 12/22. Georgie is forced to stay home. (S1)
9.00 **Unacceptable** New edition Vittorio Angelone on a misunderstood Trump and Fatiha El-Ghorri backs arranged marriage.
10.00 **Unacceptable**
12.00 M'T **Dr Pimple Popper**
1.00 AM **Young Sheldon**
3.00 **My 600lb Life**
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **The Comedy Bus**
9.30 **Friends** (S8&9)
5.00 PM **Bradley & Barney Walsh: Breaking Dad**
6.00 **Mr Bean** 11-14/14. (S1)
7.55 **The Best of Mr Bean**
9.00 **FILM Sweet Home Alabama** Comedy with Reese Witherspoon. A fashion designer returns to her home town to get a divorce from her childhood sweetheart. (2002, 12, 109min) ★★★
11.10 **Jimmy Carr's Am I the A**hole?**
12.10 AM **8 Out of 10 Cats**
1.50 **Gods of the Game**
2.20 **The Comedy Bus**
2.50 **Kiri Pritchard-McLean: Comedy Central Live**
3.15 **Dragony Aunts**
3.25 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.30 AM **Everybody Loves Raymond** 17/24. (S4)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.00 **Criminally Funny**
7.00 PM **Friends** 3/24. Monica accepts a job offer from a restaurant. **7.30** 4/24. Monica makes a startling discovery while visiting Chandler. **8.00** 5/24. The pals gather at a restaurant for Phoebe's birthday. **8.30** 6/24. Ross disagrees with Rachel's choice of nanny. (S9) **9.00** 20/25. Chandler dates Rachel's boss. **9.30** 21/25. Heartbroken Ross makes a sacrifice for Rachel. (S3)
10.00 **Friends** (S3&4)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.50 **Mike Judge's Beavis and Butt-Head** (S3)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **FILM George and Mildred** Comedy. (1980, PG, 93min) ★★
9.50 **On the Buses** (S2)
12.55 PM **Steptoe and Son**
5.20 **Rising Damp** (S2)
6.25 **Rising Damp Xmas 1975** 8/8. (S2)
6.50 **Rising Damp** (S3)
7.55 **Minder** *Aces High and Sometimes Very Low:* 6/11. A gambler is robbed of his winnings. (S1)
9.00 **Benidorm** 2/7. Troy and Jacqueline come up with a plan to save the salon. (S8)
10.00 **Shameless** 16/16. (S5)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 2/7. (S8)
12.55 AM **Minder** 1/10. (S5)
2.00 **Duty Free** 3/7. (S1)
2.25 **Man About the House**
2.50 **The Kenny Everett Video Show** Comedy.
3.10 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 5/13. (S1)
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Teen Mom: The Next Chapter** Triple bill.
1.00 PM **Judge Judy**
6.00 **Catfish: Wannabees**
7.00 **Catfish: The TV Show** Mike is wanting to know why Kristen won't meet him face-to-face. **8.00** Tracii hopes Nev and Kamie can help her find and meet Ace.
9.00 **Skin A&E** Four dermatologists treat patients for cysts, lipomas and skin tags.
10.00 **Tattoo Fixers** A man's Kurt Cobain portrait looks more like Jesus.
11.00 **Ink Master** Double bill.
1.00 AM **Jersey Shore Family Vacation**
2.00 **Ghosted: Love Gone Missing** Documentary.
2.45 **All Star Shore**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid** A couple build a home with self-sustaining features. **1.00** PM A group of off-grid-living enthusiasts build a 300-sq-ft bungalow.
2.00 **Alaska: Homestead Rescue** The Raneys visit a homestead on the brink of collapse. **3.00** The Raneys look to restore a homestead in Hawaii. **4.00** The Raneys convert an old barn into a fishing kitchen. **6.00** The Raneys shine a light on their most epic rescues.

9.00 Barnwood Builders

7.00 **Alaska: Homestead Rescue** Two young couples in Alaska face disaster near the Arctic Circle. With no access to basics, the Raneys must act fast in their most extreme rescue yet.

9.00 **Barnwood Builders** A group of West Virginia University volunteers set out to help the team raise a timber frame barn.

10.00 **Wheeler Dealers** Mike tracks down one of the most iconic estate cars of all time – the Volvo 240 Torslanda.

11.00 **Mighty Truckers** Challenges of being a truck driver.
12.00 M'T **Kindig Customs** A car from Kindig's past arrives. **1.00** AM Using an Escalade body on a Suburban chassis. **2.00** Dave hosts a car show.
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A white rhino at the zoo is pregnant with a very special calf. **4.00** Mountain lion cubs are ready for their new habitat.
5.00 **Treehouse Masters** Pete Nelson builds a speakeasy for Shaquille O'Neal.
6.00 **Bad Dog!** A monkey has free rein of his house and owner.

8.00 Treetop Cat Rescue

7.00 **How Do Animals Do That?** What leafcutter ants do with the leaves. **7.30** Why kiwi birds lay monster-sized eggs.

8.00 **Treetop Cat Rescue** A cat is stuck in a hedge. **8.30** Shaun rises to the challenge when he has to rescue his first deaf cat.

9.00 **Alaskan Bush People: Bushcraft Chronicles** An insight into the Browns' most unconventional and effective inventions.

10.00 **Tanked** The Mob Museum wants a tank with replica sunken rumrunner for an exhibit in downtown Las Vegas.

11.00 **Alaska: The Last Frontier** A homestead on Perl Island.
12.00 M'T **River of No Return** Aubrey looks after a pregnant mare during a risky deliver.
1.00 AM **Air Jaws: The Hunted**
2.00 **The Haunted**
3.00 **Treetop Cat Rescue**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Decoding History's Prophecies** Double bill.
10.00 **Area 51: I Was There**
11.00 **Area 51: The CIA's Secret Files**
12.00 NOON **Secret Nazi Science**
1.00 PM **Hitler's Last Stand**
3.00 **Churchill's German Army**
4.00 **Seconds from Disaster** The sinking of the *Bismarck* in 1941.
5.00 **Air Crash Investigation** An aircraft that failed to respond when contacted. **6.00** The case of a plane found in a mountain range miles from its flight path.

8.00 Lost Treasures of Ancient...

7.00 **Hidden Beneath the Cities** New edition In Seoul, workers uncover a massive underground chamber beneath a mall.

8.00 **Lost Treasures of Ancient Greece** New edition In Athens, a team of experts race to restore the Parthenon.

9.00 **Egypt's Sun King: Secrets and Treasures** Examining the first newly discovered burial place since Tutankhamun.

10.00 **Pompeii: Out of Time with Tom Hiddleston** As the final surge hits, Tom discovers who survived and at what cost.

11.00 **Mysteries of Ancient Medicine** Archaeologists uncover ancient medical secrets, from Etruscan dentistry to medieval surgery.
12.00 M'T **Air Crash Investigation** The case of Yeti Airlines Flight 691, which stalled and ended to crashing into a gorge.
1.00 AM **Car S.O.S.** Double bill.
3.00 **to 5.00** AM **Megafactories**

Sky History

123/124 115/116 131 353 368

6.00 AM **Flipping Bangers**
8.00 **Storage Wars** Triple bill.
11.00 **Storage Hunters**
1.00 PM **Rome: Rise and Fall of an Empire** The persecution of Christians by Emperor Decius. **2.00** Aurelian's rise to power. **3.00** Constantine I becomes the first Christian Emperor. **4.00** A profile of Stilicho. **5.00** How Ricimer became the power behind the throne. **6.00** Examining how the Barbarian tribes brought about the Empire's downfall.

8.00 The Rise and Fall of the...

7.00 **Hannibal: A March on Rome** The Carthaginian's likely route from the Iberian Peninsula across the Alps to Italy and Rome.

8.00 **The Rise and Fall of the Roman Empire** Series finale 2/2. Chronicling Rome's rise, dominance and fall from an ambitious republic battling for survival in the Ancient Mediterranean to a vast empire that ruled the Western world.

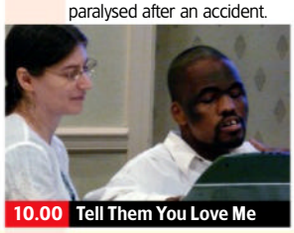
10.00 **World War II with Tom Hanks** Key events of the conflict, from Germany's invasion of Poland to the dawn of the atomic age.

11.00 **World War II with Tom Hanks** The actor explores the fallout from World War Two.
12.00 M'T **Storage Hunters** The competing bidders aim to win two speciality items at auction. **12.30** AM T-Money dreams of money when he bids on a huge, chained-up container.
1.00 **Storage Hunters**
2.00 **to 6.00** AM **What on Earth?**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Jodie Foster**
7.00 **Discovering: Ian McKellen**
8.00 **The Directors** Double bill.
10.00 **The Man Who Stole The Scream** The story of the theft of Edvard Munch's painting.
12.00 NOON **Pee-wee as Himself** The life and career of actor and comedian Paul Reubens.
4.00 PM **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
6.00 **David Holmes: The Boy Who Lived** A stunt double left paralysed after an accident.


10.00 Tell Them You Love Me

7.45 **Katie Price: Nothing to Hide** Determined to recreate the life she had with Peter Andre, Katie enters a turbulent period of her life, leaving her family and children to navigate the fallout.

9.00 NEW SERIES **Barrow: The Truth Behind the Grooming Lie** Eleanor Williams, who made false claims of grooming gangs.

10.00 **Tell Them You Love Me** The story of esteemed university professor Anna Stubblefield's controversial affair.

12.00 M'T **Tina** A celebration of Tina Turner's life and career, featuring contributions from the singer, as well as Angela Bassett and Oprah Winfrey.
2.15 AM **AKA Mr Chow** The life of restaurateur Michael Chow.
4.00 **to 6.00** AM **Hitsville: The Making of Motown** The history and origins of the Motown record label.

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **American Pickers**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** An iconic guitar.
6.00 **Angus Ashworth: Yorkshire Heritage Hero**
7.00 **Johnny Vegas' Little Shop of Antiques**
8.00 **The Repair Shop** Efforts to bring a pump organ back to life. **9.00** The garden gate of what used to be Roald Dahl's mother's house.
10.00 **The Repair Shop**
1.00 AM **Mike Brewer: Born Dealer** Double bill.
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Scott Peterson.
12.00 NOON **FBI Files**
3.00 PM **Extreme Measures**
6.00 **Welcome to Killer Town** The murders of Donna Fontaine and her boyfriend are examined. **7.00** Looking at the death of Patricia Mills. **8.00** A look at the murder of Trudy Darby.
9.00 **The Detectives: My Killer Case** The case of serial killer Steve Wright.
10.00 **Faking It: Tears of a Crime** Examining the crimes of Ian Huntley.
11.00 **Faking It: Tears of a Crime** Double bill.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: The Leanne Tiernan Murder** An abduction and murder case in Yorkshire.
8.00 **UK Crime Files: Secret Life and Public Death** The 1988 murder of Danny Denbury.
9.00 **UK Crime Files: Skeleton in the Carpet** A look at the case of Karen Price, who disappeared in 1981.
10.00 **UK Crime Files: A Murder Without Honour** The case of a body found in Cumbria.
11.00 **UK Crime Files: The Railway Killers**
12.00 M'T **UK Crime Files: DNA Cold Case Solved**
1.00 AM **Killers: Caught on Camera** True-crime.
2.00 **Murder Book**
4.00 **to 5.45** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Double bill.
2.00 PM **UK Crime Files: Lady Killer** A look at the murder of an actor.
3.00 **UK Crime Files: Newport Revenge Murder** An assault investigation jeopardises Robert Henry Davies' life.
4.00 **UK Crime Files: Murder Against All Odds** A 1992 murder in Newport.
5.00 **UK Crime Files: Brothers Who Kill** The case of brothers David and Roger Cooper.
6.00 **UK Crime Files: The Tenant From Hell** The murder of Alec Warburton by David Ellis.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Highway Cops**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 FILM **Tales of the Grim Sleeper** Documentary about a suspected serial killer in LA. (2014, 15, 110min) ★★★★
11.10 **Killer in My Village**
12.05 AM **What the Killer Did Next** Sabina Nessa.
1.00 **World's Most Evil Killers**
2.00 **Britain's Most Evil Killers**
3.00 **Murdered at First Sight**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Spy Ops**
10.05 **Sicily: The Conquered Isle** Double bill.
1.00 PM **Spy Ops** Documentary about intelligence operatives from MI6 and the CIA. **2.00** The United States invades Panama. **3.05** MI6 retrieves a Soviet double agent before his cover is blown. **4.10** A man who planned to assassinate the Pope. **5.20** Mossad's assassination campaign on Palestinian leaders. **6.20** Car bombs and amphibious operations. **7.20** How Afghan locals helped the US military. **8.15** US military recover a Soviet submarine.
9.05 **Sicily: The Conquered Isle** 1&2/2. Exploring Sicily's ancient past.
12.00 M'T **Spy Ops** As 5.20pm.
1.00 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **How the Wild Things Sleep**
7.00 **Animals at Play**
9.00 **World's Most Toxic Animals**
11.00 **Volcanic Odysseys**
12.00 NOON **Battle of the Alphas**
1.00 PM **Bears of the Karawank Mountains** Documentary.
2.00 **Animals Decoded**
5.00 **Superbeast** New edition A look at the shark, one of nature's oldest and deadliest predators.
6.00 **David Attenborough's First Life** The origins of life on Earth. **7.00** How animals began to survive on dry land.
8.00 **Secret Life of the Tasmanian Devil** The marsupial native only to the Australian island. **9.00** How the Tasmanian Devils look after their young.
10.00 **Superbeast** How sharks adapt, endure and strike with unstoppable precision.
11.00 **Wild Philippines** Double bill.
1.00 AM **Seasons of the Wild**
3.00 **Invisible River: Under Water Between the Black Forest and the Vosges**
4.00 **to 6.00** AM **Ocean Parks**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Digging Up Britain's Past**
11.00 **Crimes That Shook Britain**
1.00 PM **Britain's Lost Battlefields with Rob Bell** Battle of Naseby.
2.00 **Ancient Aliens** Double bill.
4.00 **Digging Up Britain's Past**
6.00 **Kevin Costner's The West** An epic journey through the birth of the American West. **7.00** Hunter and explorer John Colter, who was one of the first Americans to explore the West.
8.00 **Crimes That Shook Britain** The case of Jeremy Bamber. **9.00** The death of Rhys Jones. **10.00** The fatal stabbing of motorist Stephen Cameron.
11.00 **Ancient Aliens** Evidence that aliens once saved humanity. **12.00** M'T The disappearance of civilisations throughout time and across the globe.
1.00 AM **Battle 360**
2.00 **Secret Wars Uncovered**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Discovered by Disaster**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Savage Builds**
4.00 **How the Universe Works**
6.00 **How It's Made** Four editions.
8.00 **Legendary Locations** Josh Gates explores Pablo Escobar's secret Colombian hideaway. **8.30** Sites where the journey is the destination in Bolivia, French Guiana and Türkiye. **9.00** Josh investigates the mystery of the crystal skulls in Belize, Spain and Scotland. **9.30** Josh explores three iconic monuments in New York, Istanbul and Honolulu.
10.00 **American Titans** Exploring the influence of Andrew Carnegie and Henry Clay Frick.
11.00 **The Dino Hunters**
12.00 M'T **Truth Behind the Moon Landing** Double bill of editions.
2.00 AM **Alien Highway**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Cops Who Kill with Will Mellor**
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Staged: Deadly Deception**
7.00 **Alaska State Troopers**
8.00 **Tell Me How I Died** Investigating suspicious deaths.
9.00 **Cold Case Files** A woman vows to solved her sister's murder. **10.00** The case of a man found beaten to death in a ditch. **11.00** The murder of a model that takes 40 years to solve.
12.00 M'T **Staged: Deadly Deception**
1.00 AM **Cold Case Files: Murder in the Bayou**
2.00 NEW SERIES **Check-In to Murder** Khloemae Loy. **3.00** New edition A look into the story of Sonia Blount.
4.00 NEW SERIES **Last Seen on Holiday** Cases of people who disappeared abroad.
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **Heartland Docs**
10.00 **The Incredible Dr Pol**
12.00 NOON **Jane** Documentary charting the life of trail-blazing primatologist Jane Goodall.
2.00 PM **Asia's Wild Secrets**
5.00 **Critter Fixers: Country Vets** New edition An elderly cockatiel reveals a touching coincidence to her owner.
6.00 **Heartland Docs** New edition Dr Erin performs surgery on a cat with a foot injury.
7.00 NEW SERIES **Panda School** Documentary following giant pandas at a conservation facility.
8.00 **Nature's Nurseries**
9.00 **In the Womb: Animal Babies** An inside look at the pregnancies of a dog, a lion, a meerkat and an elephant.
10.00 **Secrets of the Bees** 1/2. Insights into bee intelligence. **11.00** 2/2. Challenges facing bees around the world.
12.00 M'T **Bizarre Animal Friends**
1.00 AM **Alaska Animal Rescue**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Deep in the Iraqi desert, investigators use new technology to unearth the truth about Nippur city. **7.00** Experts investigate the city of Palenque, home to temples that harbour secrets. **8.00** How the most iconic buildings of the ancient worlds were built, stone by stone.
9.00 **Salvage Hunters: The Restorers** The artisan restorers save a quirky counter, a 100-piece chandelier and a vintage football table. **10.00** A fancy fairground waltzer, an ancient coffee machine and a huge oak table. **11.00** The artisan restorers revamp a fragile standing mirror needing some love.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Brit Cops Down Under**
11.00 **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
3.00 **Brit Cops Down Under**
5.00 **999 Rescue Squad** A man is crushed by his own car. **6.00** The response team try to seal a major chemical spill. **7.00** Emergency services deal with the consequences of gun crime, racing to the scene when a man is shot outside a mosque. **8.00** The team are called to help defuse a bomb in Wakefield.
9.00 **Brit Cops Down Under** The Khan family have embraced life in Perth so fully that they've decided to make it permanent. **10.00** It's the end of probation and Maggie's dream of being a police dog handler is revived, while Michael returns to Perth.
11.00 **999 Rescue Squad**
3.00 **Brit Cops Down Under**
4.40 **999 Rescue Squad**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **On the Case with Paula Zahn** Four editions.
4.00 PM **American Monster**
7.00 **American Monster: Abuse of Power** An FBI investigation leads to a deadly conclusion.
8.00 **American Monster** The case of Richard Beasley, a serial killer who posed as a preacher and posted advertisements on Craigslist to entice men to work with him on his farm.
9.00 **Evil Lives Here** A women's crush comes to the rescue, but she's soon fighting for her life.
10.00 **The Friday the 13th Murders** A survivor links two cases as police race to stop a predator.
11.00 **Murder on CCTV** Amanda Douglas and Jennifer Sudar Sanders, who were shot dead. **12.00** M'T A body hidden in a suitcase and thrown into a bin.
1.00 AM **People Magazine Investigates** Documentary.
2.00 **Death by Fame**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Supertruckers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Street Outlaws: Locals Only** Five editions.
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz visit Danny in Basingstoke to check out his massive collection. **6.00** Henry and Fuzz find a Mini Clubman racing car in Surrey.
7.00 **Wheeler Dealers World Tour** Mike and Elvis engage in the ultimate Aussie showdown – Ford versus Holden. **8.00** Mike and Elvis find a 1970s classic VW camper. **9.00** The hosts hunt for Australia's favourite pick up. **10.00** Mike Brewer and Elvis Priestley hit the beach for the ultimate surf wagon. **11.00** In Southern France, Mike and Elvis come across a charming 2CV Fourgonnette. **12.00** M'T In Poland, Mike and Elvis find a Polski Fiat 126.
1.00 **to 4.00** AM **Supertruckers**

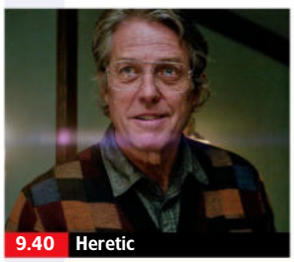
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Love Me** Drama starring Steven Yeun. (2024, 15, 91min)
8.10 **Mortal Kombat II** As 4.15pm.
10.10 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
12.35 PM **Normal** As 8.00pm.
2.15 **Heretic** As shown at 9.40pm.
4.15 **Mortal Kombat II** Fantasy sequel starring Karl Urban. (2024, 15, 116min) ★★★
6.15 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. (2025, 12, 99min) ★★★



9.40 Heretic

8.00 **Normal** Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Heretic** Horror starring Hugh Grant. Two young missionaries are forced to prove their faith when they knock on the wrong door. (2024, 15, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Primate** Horror starring Johnny Sequoyah, Jessica Alexander and Victoria Wyant. (2025, 18, 92min) ★★★
1.15 AM **Anemone** Drama starring Sean Bean and Daniel Day-Lewis. (2025, 15, 125min) ★★★
3.30 **In Cold Light** Thriller starring Maika Monroe and Allan Hawco. (2025, 15, 96min) ★★★
5.10 **to 7.00** AM **Night Patrol** Horror with Jermaine Fowler. (2025, 15, 103min) ★★★

Sky Cinema Spider-Man

303 303 403 503 517

6.00 AM **Spider-Man: No Way Home** As shown at 12.35am.
8.40 **Spider-Man: Into the Spider-Verse** As 3.05am.
10.50 **Spider-Man** As 5.05am.
1.00 PM **Spider-Man 2** Fantasy sequel starring Tobey Maguire. (2004, PG, 127min) ★★★★
3.15 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
5.40 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★

10.20 Spider-Man: Homecoming

8.00 **The Amazing Spider-Man 2** Action adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Spider-Man: Homecoming** Fantasy adventure starring Tom Holland. Peter Parker tries to prove his worth by battling a winged criminal. (2017, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Spider-Man: No Way Home** Adventure sequel. (2021, 12, 148min) ★★★★
3.05 **Spider-Man: Into the Spider-Verse** Animated adventure. (2018, PG, 117min) ★★★★★
5.05 **to 7.10** AM **Spider-Man** Fantasy with Tobey Maguire. (2002, 12, 121min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Footloose** Teen musical. (1984, 12, 107min) ★★★
8.40 **All Is True** As 1.40am.
10.25 **Lost in Translation** Comedy. (2003, 15, 102min) ★★★★★
12.15 PM **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
1.50 **A League of Their Own** Comedy starring Tom Hanks, Geena Davis and Lori Petty. (1992, PG, 124min) ★★★★
4.00 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
5.45 **Erin Brockovich** Drama starring Julia Roberts and Albert Finney. (2000, 15, 133min) ★★★★
8.00 **Wuthering Heights** Romantic drama starring Margot Robbie, Jacob Elordi and Martin Clunes. (2026, 15, 136min) ★★★★
10.20 **The Brutalist** Drama starring Adrien Brody, Felicity Jones, Guy Pearce and Joe Alwyn. (2024, 18, 215min) ★★★★★
1.40 AM **All Is True** Drama directed by and starring Kenneth Branagh. (2018, 12, 101min) ★★★
3.30 **You Can Live Forever** Drama starring Anwen O'Driscoll. (2022, 15, 96min) ★★★
5.15 **to 7.00** AM **Cat Ballou** Western. (1965, PG, 96min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.30 AM **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
9.30 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
11.45 **Get Out** Horror thriller. (2017, 15, 104min) ★★★★★
1.30 PM **Blade Runner 2049** Thriller sequel starring Ryan Gosling. (2017, 15, 164min) ★★★★★
4.15 **Mars Attacks!** Sci-fi comedy. (1996, 12, 106min) ★★★★
6.05 **Ghostbusters II** Action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. (1989, PG, 99min) ★★★
8.00 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
9.45 **Deep Impact** Disaster movie starring Robert Duvall and Téa Leoni. An astronaut leads a mission into space to explode a comet before it hits the Earth and causes apocalyptic destruction. (1998, 12, 123min) ★★★★
11.50 **The Chronicles of Riddick** Adventure. (2004, 15) ★★★
1.50 AM **The Exorcist** Horror chiller. (1973, 18, 121min) ★★★★★
3.55 **Mad Max 2** Thriller sequel. (1981, 15, 95min) ★★★★
5.35 **to 6.35** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **Wicked: For Good** Fantasy. (2025, PG) ★★★
9.40 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
11.15 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
12.50 PM **Yogi Bear** (2010, U) ★★★
2.20 **Free Willy** (1993, U) ★★★★
4.20 **Trolls** (2016, U) ★★★
6.00 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★

4.20 Trolls

7.55 **Peter Rabbit** Comedy with the voice of James Corden. A mischievous rabbit takes on a farmer in a battle of wits. (2018, PG, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Peter Rabbit 2: The Runaway** Adventure sequel with the voice of James Corden. Bored of life in the garden, Peter goes to the big city, where he ends up creating chaos for his family. (2021, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy starring Jim Carrey and Emily Browning. (2004, PG, 103min) ★★★★
1.00 AM **Ghostbusters: Afterlife** Supernatural comedy sequel. (2021, 12, 124min) ★★★★
3.05 **Hook** Steven Spielberg's fantasy with Robin Williams. (1991, U, 140min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Action

306 306 407 507 521

6.45 AM **Fuze** (2026, 15) ★★★
8.30 **Bloodshot** (2020, 12) ★★
10.25 **Batman & Robin** Fantasy sequel. (1997, PG, 125min) ★★
12.40 PM **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
2.35 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
4.30 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
6.20 **First Blood** Action adventure. (1982, 15, 93min) ★★★★

8.00 Rambo: First Blood Pt II

8.00 **Rambo: First Blood Part II** Action adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Rambo III** Adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Normal** Comedy starring Bob Odenkirk and Lena Headey. (2026, 15, 91min) ★★★★
1.30 AM **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★
3.55 **Sky Cinema Preview**
4.55 **to 7.25** AM **The Lost City of Z** Drama starring Charlie Hunnam and Robert Pattinson. (2016, 15, 141min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

8.00 AM **Robin Hood: Men in Tights** Mel Brooks' comedy. (1993, PG, 102min) ★★
10.00 **Boomerang** Romantic comedy. (1992, 15, 117min) ★★
12.10 PM **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
1.50 **The Longest Yard** Comedy remake. (2005, 12, 113min) ★★
4.00 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★
5.50 **Instant Family** Comedy. (2018, 12, 118min) ★★★★

9.25 Beetlejuice Beetlejuice

8.00 **The Brothers Grimsby** Comedy starring Sacha Baron Cohen. A football hooligan discovers his brother is a secret agent, and helps him on a world-saving mission. (2016, 15, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Beetlejuice Beetlejuice** Comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **American Pie** Bawdy sex comedy starring Jason Biggs. (1999, 15, 96min) ★★★★
12.55 AM **American Pie 2** Comedy sequel starring Jason Biggs. (2001, 15, 106min) ★★★
2.45 **American Pie: The Wedding** Teen comedy sequel. (2003, 15, 96min) ★
4.25 **Cinema List: Risky Romance**
4.55 **to 6.50** AM **American Reunion** Raunchy comedy sequel. (2012, 15, 108min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.55 AM **The Girl on the Train** Thriller starring Emily Blunt. (2016, 15, 107min) ★★★★
9.00 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
11.10 **Jaws 2** Adventure sequel. (1978, PG, 115min) ★★★
1.10 PM **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★
3.40 **The Untouchables** Thriller. (1987, 15, 119min) ★★★★★
5.45 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★

5.45 Captain Phillips

8.00 **Clear and Present Danger** Action thriller starring Harrison Ford, Willem Dafoe, Anne Archer and James Earl Jones. CIA agent Jack Ryan discovers links between a Colombian drugs cartel and the US government. (1994, 12, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **True Romance** Crime thriller starring Christian Slater and Patricia Arquette as a naive young couple on the run from mobsters pursuing a large stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Snatch** Comedy drama starring Jason Statham. (2000, 18, 102min) ★★★★
2.30 **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★
4.30 **to 6.40** AM **Murder by Decree** Mystery thriller. (1978, 12, 112min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Anne of the Thousand Days** Historical drama. (1969, PG, 145min) ★★★
1.55 PM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
4.50 **The Call of the Wild** Adventure with Harrison Ford. (2020, PG, 96min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

11.40 Withnail & I

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Captain Phillips** Gripping fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Withnail & I** Comedy starring Richard E Grant and Paul McGann as two out-of-work actors who escape from late-1960s London to a cottage. (1986, 15, 107min) ★★★★★
1.50 **to 4.00** AM **Can You Ever Forgive Me?** Comedy starring Melissa McCarthy, Richard E Grant and Dolly Wells. (2018, 15, 106min) ★★★★

+1hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

7.25 AM **Mr Peabody & Sherman** Animated comedy adventure. (2014, U, 97min) ★★★★
9.05 **Playmobil: The Movie** (2019)
10.55 **The SpongeBob SquarePants Movie** As shown at 9.05pm.
12.35 PM **The Wild Robot** Animation. (2024, U, 102min) ★★★★
2.20 **Despicable Me** Animated comedy with the voice of Steve Carell. (2010, U, 94min) ★★★★
4.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
5.40 **Despicable Me 3** Animated sequel. (2017, U, 99min) ★★★
7.15 **Playmobil: The Movie** Animation. (2019, U, 99min) ★★
9.05 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
10.35 **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
12.15 AM **The Angry Birds Movie 2** Animated sequel. (2019, U) ★★★
1.55 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
3.30 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
5.00 **to 6.30** AM **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure. (2005, U, 85min) ★★★★★

Sky Cinema Greats

307 307 404 504 518

6.05 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
7.45 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
9.35 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
11.05 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
12.45 PM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
2.20 **The Man with Two Brains** Comedy starring Steve Martin. (1983, 15, 93min) ★★★★
3.55 **Kindergarten Cop** Comedy thriller. (1990, 15, 111min) ★★★
5.50 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
8.00 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
9.45 **Arthur** Comedy starring Dudley Moore and Liza Minnelli. (1981, 15, 93min) ★★★★
11.25 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
1.10 AM **Tootsie** Comedy drama. (1982, 15, 116min) ★★★★
3.10 **Kindergarten Cop** As 3.55pm.
5.05 **to 6.55** AM **Gremlins 2: The New Batch** Horror sequel. (1990, 12, 107min) ★★★

Disney+ Cinema

305 305

6.00 AM **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
8.00 **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★
9.45 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
11.30 **Sleeping Beauty** Animation. (1959, U, 75min) ★★★★
12.50 PM **The Wild** Animated comedy. (2005, U, 82min) ★★
2.15 **A Bug's Life** Animated fantasy. (1998, U, 94min) ★★★★★
3.55 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★
5.35 **Percy Jackson: Sea of Monsters** Adventure sequel. (2013, PG, 102min) ★★★
7.20 **Up** Animated comedy adventure with the voice of Ed Asner. (2009, U, 96min) ★★★★★
9.00 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
11.10 **(500) Days of Summer** Comedy. (2009, 12, 95min) ★★★★
12.45 AM **28 Weeks Later** Horror sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
2.30 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.05 **to 6.00** AM **The Sorcerer's Apprentice** Action fantasy. (2010, PG, 109min) ★★★★

Movies 24

312 313 419

7.00 AM **Dare to Say Yes** Romantic drama. (2023, PG, 87min) ★★
9.00 **Love Marks the Spot** Adventure. (2023, PG, 86min) ★★
11.00 **What We Do For Love** Comedy. (2023, PG, 89min) ★★
1.00 PM **My Dreams of You** Drama. (2024, PG, 90min) ★★
3.00 **The Greek Aisle** Romantic drama starring Nikki DeLoach. (2026, PG, 90min) ★★
5.00 **The Date Whisperer** Romantic drama. (2023, PG, 87min) ★★
7.00 **The Marry Me Pact** Comedy with Meggan Kaiser. A psychic tells a woman she is destined to marry her best friend – who comes home from holiday engaged. (2023, PG, 88min) ★★
9.00 **Fourth Down and Love** Drama with Pascale Hutton. A single mother is reunited with her high school sweetheart, now a pro player coaching her daughter's team. (2023, PG, 90min) ★★
11.00 **Hearts Under the Olive Tree** Comedy. (2023, PG, 89min) ★★
1.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **A Miracle in Bethlehem** (2023, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Unknown World** Adventure. (1951, b/w, U, 74min) ★
7.35 **The Young Land** Western. (1959, b/w, U, 89min) ★★
9.25 **Cinebox Memories**
9.30 **The Lucy Show** 21/22. (S5)
10.00 **Theirs is the Glory** Documentary. (1945, b/w, PG, 79min) ★★★
11.40 **Batman** 15/26. (S3)
12.10 PM **Circumstantial Evidence** Drama. (1952, b/w, PG) ★★
1.20 **Hobson's Choice** Comedy. (1953, b/w, U, 107min) ★★★★
3.30 **For the Love of Ada** 1/7. (S2)
4.00 **The Man from UNCLE** (S2)
5.00 **The Footage Detectives**
6.00 **The Bargee** Comedy starring Harry H Corbett and Julia Foster. (1964, PG, 106min) ★★
8.10 **Look at Life** Documentary.
8.20 **A Game of Murder** 3/6. (S1)
9.25 **Chase a Crooked Shadow** Drama starring Anne Baxter. (1957, b/w, U, 87min) ★★★
11.10 **The Best of the Adventurers**
12.50 AM **The Heritage Chart Show**
1.55 **Mother Riley Meets the Vampire** (1952, b/w, U) ★★
3.20 **Look at Life** Documentary.
3.30 **The Rogues** 27/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 31/39. (S1)
5.30 **to 6.00** AM **Supercar**

Sunday

8 PM
9 PM
10 PM
11 PM

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
11.00 LIVE **The Hundred** **Trent Rockets v Sunrisers Leeds.** Coverage of the women's match from Trent Bridge in Nottingham. Start-time **11.00am**.
1.30 PM LIVE **Women's Golf** Coverage of day four of the AIG Women's Open Championship staged at Royal Lytham & St Annes Golf Club in Lancashire.
6.30 LIVE **The Hundred** **MI London v Manchester Super Giants.** The men's match from the Oval, London. Start-time **6.00pm**.
9.00 LIVE **WTA Tennis** Coverage of the Washington DC Open women's final staged at William H.G. FitzGerald Tennis Center.
10.00 LIVE **ATP Tennis** Coverage of the Washington DC Open men's final from William H.G. FitzGerald Tennis Center in the USA.
12.00 M'T LIVE **WTA & ATP Tennis** Day one of the Canadian Open, an ATP 1000 event in Montreal and a WTA 1000 event in Toronto.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Fast-paced Premier League highlights using alternative angles, featuring every goal from games in the 2025/26 season.
6.00 PM **Premier League Stories**
6.30 **Transfer 360** John Obi Mikel.
7.00 **Premier League Stories**
7.30 **Premier League 100 Club** A look at Manchester City striker Erling Haaland's goals.
8.00 **Premier League Review** A review of the 2025/26 season.
10.00 **Premier League Stories** The life and legacy of Kevin Keegan.
10.30 **Premier League Stories** The story of lifelong Manchester United fans the Singh brothers.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2021/22 season – all set to a specially selected soundtrack.
1.00 AM **PL Retro** Another chance to see Manchester United v Tottenham Hotspur in 1998/99.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Highlights**
9.30 **SPFL Highlights**
10.15 **150 Years of the Edinburgh Derby** Hearts and Hibernian.
11.15 **John Robertson: Hammer of Hibs** The striker's derby goals.
11.45 **Best Scottish Premiership Goals 2025/26**
12.15 PM **SPFL Highlights**
1.00 LIVE **SPFL** **St Johnstone v Kilmarnock.** The Scottish Premiership game from McDiarmid Park. Kick-off **2.00pm**.
4.00 LIVE **SPFL** **Hibernian v Motherwell.** The Scottish Premiership match at Easter Road. Kick-off **4.30pm**.
7.30 **SPFL Highlights**
8.15 **EFL Cup Highlights**
9.15 **Best Goals: EFL Cup 25/26**
9.45 **SPFL Highlights**
11.00 **EFL Cup Highlights**
12.00 M'T **EFL Cup Retro**
2.00 AM **Dundee United – Champions 83**
2.30 **John Robertson: Hammer of Hibs** The striker's derby goals.
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 LIVE **The Hundred** **Trent Rockets v SunRisers Leeds.** Coverage of the women's match at Trent Bridge. The visitors won this meeting last season thanks to an impressive eight-wicket victory. Start-time **11.00am**.
2.00 PM LIVE **The Hundred** **Trent Rockets v SunRisers Leeds.** Coverage of the men's match from Trent Bridge in Nottingham. Start-time **2.30pm**.
5.30 LIVE **The Hundred** **MI London v Manchester Super Giants.** Coverage of the men's match from the Oval. These two teams met last year at this ground with the game ending in a nine-wicket victory for the London team. Start-time is at **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** A chance to see Trent Rockets v SunRisers Leeds.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A chance to see Trent Rockets v SunRisers Leeds.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **AIG Women's Open 2024**
7.00 **Women's Golf** Women's Open.
8.00 **AIG Women's Open 2025**
9.00 **Women's Golf** Highlights.
12.00 NOON LIVE **Women's Golf** Day four of the AIG Women's Open Championship at Royal Lytham & St Annes Golf Club.
7.00 PM LIVE **PGA Tour Golf** The fourth day of the Rocket Classic at the Detroit Golf Club in Michigan.
11.00 **Women's Golf** Women's Open.
12.00 M'T **AIG Women's Open 2025**
1.00 AM **Women's Golf**
2.00 **PGA Tour Golf** Rocket Classic.
3.00 **Golf Academy**
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
4.00 PM LIVE **WTA & ATP Tennis** Day one of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
7.30 LIVE **WTA Tennis** Coverage of the Washington DC Open women's final staged at William H.G. FitzGerald Tennis Center.
10.00 LIVE **ATP Tennis** Coverage of the Washington DC Open men's final from William H.G. FitzGerald Tennis Center in the USA.
12.00 M'T LIVE **WTA & ATP Tennis** Continued coverage of the first day of the Canadian Open.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM **British Superbikes**
7.30 **World Rally Championship**
8.00 LIVE **World Rally Championship** Rally Finland.
10.00 **WRC: More Than Machine**
11.00 LIVE **World Rally Championship** Rally Finland.
1.30 PM LIVE **Men's Cycling Pro Series** Coverage of the fifth and final stage of the Tour of Denmark.
2.30 LIVE **Tour de France Women** Coverage from the second stage of the Grand Tour race.
5.45 **TNT Sports Reload**
6.15 **MLB Highlights**
7.15 LIVE **MLB** **Chicago Cubs v New York Yankees.** Inter-league match at Wrigley Field. Start-time **7.20pm**.
10.00 **MLB Plays of the Week**
10.30 **World Rally Championship**
11.00 **British Superbikes**
12.00 M'T **Training Day**
12.15 AM LIVE **MLB** **Los Angeles Dodgers v Boston Red Sox.** Coverage from Dodger Stadium. Start-time **12.20am**.
3.00 **UEC Mountain Bike European Championship**
4.00 **to 6.00** AM **Formula E**

TNT Sports 2

411 414 522 409 431

6.00 AM **Commonwealth Games**
8.30 LIVE **Commonwealth Games** Coverage from the day session on day 10 of the Games in Glasgow, as the final day gets underway. Events taking place today include the men's 1000m time trial final in the cycling, and the women's 78kg and men's 100kg medal contests in the judo.
6.30 PM **Commonwealth Games – Netball** Action from the gold medal match at The Hydro.
7.30 LIVE **Commonwealth Games** The closing ceremony in Glasgow.
10.30 **Commonwealth Games – Daily Highlights**
11.30 **Commonwealth Games – Track Cycling & Para Track Cycling** Highlights from the seventh session on the 10th day.
1.30 AM **Commonwealth Games – Netball** The gold medal match.
2.30 **Commonwealth Games – Daily Highlights**
3.30 **Commonwealth Games – Track Cycling** Highlights.
4.30 **Commonwealth Games – Daily Highlights**
5.30 **to 6.00** AM **World Rally Championship**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Castleford Tigers v Wakefield Trinity in 2025.
9.00 **Super League** Castleford Tigers v Hull Kingston Rovers in 2025.
12.00 NOON **NFL Highlights**
1.00 PM **NBA Basketball**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
8.00 **NBA on Fire** The latest news.
8.30 LIVE **WNBA** **Portland Fire v Los Angeles Sparks.** Coverage of the Western Conference match staged at Moda Center. Tip-off **8.30pm**.
11.00 **Super League Highlights** Action from St Helens v Hull Kingston Rovers in 2024. **11.15** Highlights of Hull Kingston Rovers v Hull FC from 2024.
11.30 **NBA on Fire** The latest news.
12.00 M'T **NFL Highlights** Carolina Panthers v Seattle Seahawks.
1.00 AM **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** A replay of Bradford Bulls v Catalans Dragons.
10.45 **My Icon** Maggie Alphonsi.
11.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
2.00 PM **Women's State of Origin** New South Wales v Queensland.
2.15 **My Icon** Anthony Joshua.
2.25 LIVE **The Hundred** **MI London v Manchester Super Giants.** Coverage of the women's match at the Oval. Beth Mooney put in a player of the match performance for the Manchester franchise last season, when they were known as the Originals and served as hosts against the team formerly known as Oval Invincibles. Start-time **2.30pm**.
5.30 LIVE **WTA & ATP Tennis** Day one of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto. This is the second-oldest active tennis tournament in the world, and sees the men's and women's competitions alternate host venues on an annual basis.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.15 AM LIVE **NRLW** **Parramatta Eels v Newcastle Knights.** Coverage of the match at Geohex Park. Kick-off **6.15am**.
8.15 **Women's T20 World Cup**
8.45 **My Icon** Leon Pryce.
8.50 **Darts Top 5 Moments**
8.55 **Darts Gold** Archive action.
9.00 **My Icon** Deta Hedman.
9.15 **Women's State of Origin**
10.00 **ATP Tennis** Estoril Open final.
11.00 **State of Origin Rugby League**
2.00 PM **Darts Gold** Archive action.
2.15 **My Icon** Anthony Joshua.
2.25 LIVE **The Hundred** **MI London v Manchester Super Giants.** The women's match from the Oval. Start-time **2.30pm**.
5.30 LIVE **The Hundred** **MI London v Manchester Super Giants.** The men's match from the Oval, London. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
11.00 **NFL Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **The Taylor Years**
1.00 **Premier League Darts**
4.45 **Super League Highlights**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **30 Years of the PDC World Champs**

TNT Sports 3

413 415 523 410 432

6.00 AM **Tour de France Women**
7.00 LIVE **Shanghai Masters Snooker** Coverage of the final at Luwan Indoor Stadium in China.
10.00 **TNT Sports Reload**
10.30 LIVE **FIS Summer Skijumping Grand Prix** Day two of the first stage of the season in Poland.
12.00 NOON **SailGP Feature**
12.30 PM LIVE **Shanghai Masters Snooker** Further coverage from the final staged at Luwan Indoor Stadium in Shanghai, China.
3.30 LIVE **Test Cricket** **West Indies v Pakistan.** Coverage of the first day of the second and final Test in the series staged at Queen's Park Oval in Trinidad and Tobago.
11.15 **TNT Sports Cricket Reload**
11.30 **TNT Sports Reload**
12.00 M'T **World Series of Poker**
2.00 AM **Shanghai Masters Snooker**
4.00 **Men's Cycling Pro Series**
5.00 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM LIVE **AFL** **Gold Coast Suns v Melbourne Demons.** Coverage of the match from People First Stadium in Carrara. Bounce-up **6.15am**.
9.00 LIVE **AFL** **Essendon Bombers v Adelaide Crows.** Coverage from Marvel Stadium. Bounce-up **7.40am**.
10.30 **Men's Cycling** Highlights.
12.30 PM **British Superbikes**
1.00 LIVE **British Superbikes** Coverage from the second day of the sixth round of the season held at Oulton Park in Cheshire.
6.00 **AFL** Two match replays.
9.00 LIVE **NWSL** **Washington Spirit v San Diego Wave FC.** Coverage of the match from Audi Field. Kick-off **9.00pm**.
11.15 **Tour de France Women**
12.15 AM **UFC** Medic v Rodriguez.
3.15 **UFC: The Ultimate Fighter**
4.15 **TNT Sports Reload**
4.30 **to 6.00** AM **Ultimate Pool**

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** Highlights.
7.00 **World Surf League**
8.00 **Swedish Speedway**
10.00 **DTM Motorsport Highlights**
11.00 **Football** A pre-season friendly.
12.55 PM LIVE **Football** **FC Union Berlin v Cagliari.** The friendly held at Stadion An der Alten Forsterei. Kick-off **1.00pm**.
3.00 **Sporting Greats**
3.30 **KOTV Weekly**
4.00 **FIM Sidecarcross Championship**
4.55 LIVE **Football** **Sunderland v Wrexham.** The pre-season friendly staged at Subaru Park. Kick-off **5.00pm**.
7.00 **World of FreeSports**
7.30 **Football** Union Berlin v Cagliari.
9.30 **EUT20 Belgium**
1.15 AM **Africa Eco Race**
1.30 **Indikart Championship**
2.30 **FIM Sidecarcross Championship**
3.30 **Football** Union Berlin v Cagliari.
5.30 **to 6.00** AM **World of FreeSports**

Premier Sports 2

420 APP 529

6.00 AM **LaLiga** A match replay.
8.00 **Top 14 Rugby Union**
10.00 **Rugby Junior World Championships** Semi-finals.
2.00 PM **Rugby Junior World Championships** The final.
4.00 **Temples of Sport**
5.00 **Brasileiro Serie A**
8.55 LIVE **Argentine Primera Division** **Newell's v Boca Juniors.** Coverage of the match at Estadio Marcelo Bielsa. Kick-off **9.00pm**.
11.00 **LaLiga Match Highlights**
11.10 LIVE **Argentine Primera Division** **River Plate v Rosario Central.** Coverage from Estadio Mas Monumental. Kick-off **11.15pm**.
1.15 AM **Football's Greatest**
1.45 **Eredivisie Highlights**
2.45 **Bike World** Motorcycling.
3.15 **NHL Ice Hockey**
5.15 **Africa Eco Race**
5.30 **to 6.00** AM **NHL: This is Hockey**

Sky Sports F1

407 407 507 424 444

6.00 AM **Ferrari Challenge UK**
6.30 **Formula 3** Hungarian Grand Prix.
8.30 **Formula 2** Action from Hungary.
10.50 **George Russell IV**
11.00 **Formula 1** Hungarian Grand Prix.
1.15 PM **Ted's Notebook**
1.45 **Ferrari Challenge UK**
2.15 LIVE **GT World Challenge Europe** Coverage from France.
3.45 **Formula 1** Hungarian Grand Prix.
6.00 **British Kart Championships**
7.00 **Ferrari Challenge Highlights**
8.30 **Formula 1** Action from Hungary.
10.45 **The Cornwall Air Ambulance**
11.00 **GT World Challenge Europe**
12.30 AM **Ferrari Challenge UK**
1.00 **to 6.00** AM **Formula 1**

Monday

3 August

Planner

How to Train a Great White

***DOCUMENTARY** Discovery Channel,10pm*

Part of Shark Week, this one-off special follows experts as they take on the uneviable task of investigating if it's possible to train great white sharks to test the species' learning and memory.

Celebrity Hunted

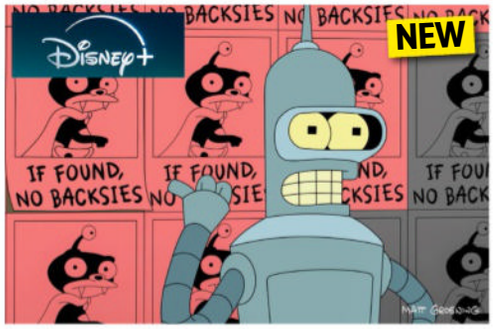
***ENTERTAINMENT** C4, 9pm*

Twelve celebrities go on the run from the Hunters in aid of Stand Up to Cancer. With *Strictly*'s Amy Dowden and Carlos Gu, and entertainer Brian Conley with his comedian daughter Lucy among the fugitives, who can remain undetected until the final extraction point?

Futurama

***ANIMATION** Disney+*

Matt Groening's sci-fi animated comedy returns for its 14th season, as Fry, Leela and Bender embark upon a new batch of 31st-century misadventures, which include space pirates, lab-grown meats and the return of Zoidberg's lost love.



Long Lost Family: Born Without a Trace

***FACTUAL** ITV1, 9pm*

The genealogy series returns with Davina McCall and Nicky Campbell helping more people learn about their pasts, starting with a woman who was abandoned as a baby in a Leicester public phone box.

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 The Rapture		10.00 News; Local News	
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Evolution		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Long Lost Family: Born Without Trace		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 Celebrity Hunted		10.00 Secret Lives of Gypsy Wives	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Street Cops: Catching the Yobs		9.00 Fare Dodgers: At War with the Law		10.00 Police Interceptors: Taking Down the...	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Last Week Tonight with John Oliver	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 The Great British Sewing Bee		9.00 Top Gear Patagonia Special			
	116 BBC4	7.00 Atlantic: The Wildest Ocean on Earth		8.00 The Art of Spain		9.00 Sally...	9.20 Mastermind...	9.50 Call My Bluff	10.20 Becoming Frida Kahlo
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 The Only Way Is Essex		10.00 Family Guy	
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 Bill Bailey's Vietnam		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Below Deck Down Under		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	‹ 6.50 True Detective: Night Country				9.00 House of the Dragon			10.15 The Last of Us
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army: The...	8.15 Are You Being Served?		9.00 Fawlty Towers	9.40 Going Straight		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 River Monsters		8.00 The Motorbike Show		9.00 Film: Under Siege			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Happy Days Are Here Again					
	132 U&W	7.00 MasterChef Australia			8.40 Dom Chinea's Cornish Workshop		9.40 Designing the Hebrides		
DOCUMENTARY	125 DISCOVERY	7.00 Ant Anstead Master Mechanic		8.00 The Woodland Workshop		9.00 Invasion of the Mega Sharks		10.00 How to Train a Great White	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Air Jaws: The Hunted		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Disaster Autopsy		9.00 Air Crash Investigation		10.00 Plane Crash Recreated	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp Mysteries with Troy Landry		9.00 Secrets Declassified		10.00 UFO POV	
	155 U&YESTERDAY	7.00 The Green Planet		8.00 Canal Boat Diaries		9.00 Portillo's Empire Journey		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 David Frost Vs		8.00 The Cult of the Family					

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

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6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** (R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition JJ Chalmers tries to double the charm of two rattan chairs. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition An intimate medical device is the oddest item on the show. (S)
4.30 NEW SERIES **The Answer Run** Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Peter's suspicions about Lauren grow, while a revelation leaves Ross furious and determined to go to the police. (S)(AD)

8 PM

8.00 **Panorama: Britain's Strictest Schools** Current affairs report. (S)
8.30 **Scam Interceptors** A man is trapped into believing he is going to be arrested by the National Crime Agency. (S)(R)

9 PM

9.00 **The Rapture** New episode 4/5. Gabs finally meets Anika Drake, new nurse Siobhan raises suspicions at Oxsmith, and when Bethany is found injured, Gabs and Rafiq plan her escape. (S1) (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.45 FILM **The Mist** Horror thriller based on a story by Stephen King and directed by Frank Darabont, maker of *The Shawshank Redemption* and *The Green Mile*. A mysterious mist traps a band of New England townsfolk in the local supermarket, leaving them to face terrors both outside and within. Stars Thomas Jane, Marcia Gay Harden and Laurie Holden. (S) (AD) (2007, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: The Repair Shop** (R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Hairy Bikers' Bakeation** Si and Dave go baking in Italy. (S)(R)
3.45 **The Farmers' Country Showdown** Farmers attend Staffordshire County Show. (S)(R)
4.30 **Vintage Antiques Roadshow** The experts visit Mansion House in London. (S)(R)
5.15 **Flog It!** From Manchester. (S)(R)
6.00 **Richard Osman's House of Games** Double bill. Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (S)(R)

9.00 Evolution

7.00 **Global Eye** Investigations from world-wide correspondents. (S)
7.30 **Mastermind** New edition Specialist subjects include British birds of prey and Sylvia Plath. (S)
8.00 **Only Connect** New edition Victoria Coren Mitchell hosts the quiz. (S)
8.30 **University Challenge** New edition Guildhall School of Music and Drama take on Darwin College, Cambridge. (S)
9.00 **Evolution** New edition 4/5. Chris Packham studies dolphins to find answers to how intelligence itself evolved, from light-sensing cells to conscious thought. (S) ■ Entire series on BBC iPlayer
10.00 **Mortimer & Whitehouse: Gone Fishing** The duo head to the Norfolk Broads, fishing for rudd in some of East Anglia's most historic waterways. (S)(R)(AD)
10.30 **Newsnight** (S)
11.05 FILM PREMIERE **Sing Sing** Drama with Colman Domingo and Sean San Jose. A man imprisoned for a crime he did not commit finds new purpose in staging an original play. (S) (2023, 15, 100min) ★★★★ *See review, page 26.*
12.45 AM **Sign Zone: Countryfile** The final stop on Anita Rani's east coast road trip is Orford Ness. (S)(R)
1.40 **Sign Zone: Bergerac** 3/6. Drama starring Damien Molony. (S1) (S)(R)
2.25 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** News and lifestyle features. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his dealers land at Aerospace Bristol and set up the den beneath the wings of Concorde. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Sam tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

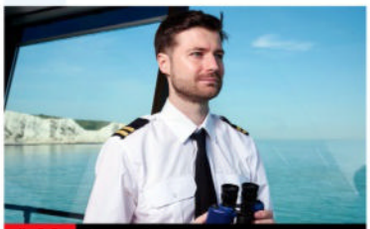
7.30 **Fletchers' Family Farm** Pregnant cow Ruby gives birth but it isn't straightforward, Milo and Liz head out on a trip to the local dairy farm, and the kids go into the woodland on a nature safari. (S)(R)(AD)
8.00 **Emmerdale** Cain has a conversation with Kyle, Nicola's excitement fades, and news regarding Monty is not good. (S)(AD)
8.30 **Coronation Street** Cassie bids an emotional farewell to her family. (S)(AD)
9.00 NEW SERIES **Long Lost Family: Born Without Trace** Investigating the cases of a newborn baby found in a Leicester public phone box, and a baby boy discovered on the second floor of a locked London mansion block. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Forensics: The Death of God's Banker** 1/3. A look at the death of banker Roberto Calvi, whose body was found hanging under Blackfriars Bridge with the investigation leading to a murky world of finances. (S)(R)(AD)
11.45 **Love & Death** 4/7. Crime thriller starring Elizabeth Olsen and Jesse Plemons. Allan grows concerned when his repeated calls to Betty go unanswered. (S1) (S)(R)(AD)
12.45 AM **Teleshopping**
3.00 **The Staircase** (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** 19-21/25. (S7) (S)(R)(AD)
9.10 **Frasier** (S3&4) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** In Spring, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Saving Country Houses with Penelope Keith** The work that goes into maintaining stately homes and gardens. (S)(R)(AD)
5.00 **Chateau DIY** A 180-year-old wine barrel is turned into a quirky dining space. (S)(R)(AD)
6.00 **American Pickers** The experts examine a collection of circus and sideshow memorabilia. (R)(AD)


8.00 Dover 24/7

7.00 **News** (S)
8.00 **Dover 24/7: Britain's Busiest Port** New edition Border Force officers are on the hunt for illegal meat, police officers are on a stake-out, and the engineers face their biggest job of the year. (S)(AD)
9.00 NEW SERIES **Celebrity Hunted** Six pairs of celebrities make a dramatic getaway from the historic Old Royal Naval College in Greenwich, with an army of Hunters in hot pursuit. (S)(AD) ■ Continues tomorrow
10.00 **Secret Lives of Gypsy Wives** New edition The family host Bonfire Night for the estate in memory of their dad Sid, and Trewley gets a lesson in tough love from her mum. (S)(AD) ■ Entire series on C4 streaming
11.05 **Surgery Secrets of the Super Rich** Joyce marks her birthday with an endoscopic facelift. (S)(R)(AD)
12.05 AM **Secrets of the Celebrity Sex Tapes** New edition 7/8. A hacking scandal changes the way society thinks of consent. (S)(AD) ■ Entire series on C4 streaming
12.55 **Ramsay's Kitchen Nightmares USA** In Arizona. (S)(SL)(R)
1.45 **Don't Date Brandon** (S)(SL)(R)
4.30 **Hollyoaks Omnibus** (S)(SL)(R)
5.40 **Sunday Brunch** (S)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **A Reservation for Death** Mystery starring Nathalie Kelley. (S) (2021, PG, 100min) ★★
4.00 **Castle** *Castle, Pl:* 11/23. Castle brandishes his new credentials as a licensed private investigator. (S7) (S)(R)
4.55 **Love Nature** Cameras focus on a flock of red kites. (S)(R)
5.00 **5 News with Dan Walker** (S)
6.00 **Majorca: A Year in the Sun** Exploring Majorca's culture, from the Fisherman's Fiesta in Port d'Andratx to the creation of a mural in Petra. (S)(R)
6.55 **News** (S)

9.00 Fare Dodgers

7.00 **Motorway Cops: Catching Britain's Speeders** Officers pull over the driver of a suspected cloned car and he claims he has just swapped the registrations between his vehicles. (S)(R)
7.55 **News** (S)
8.00 **Street Cops: Catching the Yobs** New edition Police pursue a suspected stolen SUV being driven recklessly in Corby, and Northampton PCs Payal and Nytalia are called to deal with an aggressive drunk. (S)
9.00 NEW SERIES **Fare Dodgers: At War with the Law** Transport for London investigator Lisa pursues a suspected fare evader owing the network almost £2,000 in unpaid fares. (S)
10.00 **Police Interceptors: Taking Down the Shoplifting Gangs** Officers tackle thieves terrorising supermarkets and shops with armed units scrambled to hunt for a violent shoplifter. (S)(R)
11.05 **Traffic Cops** Officers arrest a woman in Selby with a history of drink driving. (S)(R)
12.05 AM **Car Pound Cops** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** 2&3/24. (S9) (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Bart v Thanksgiving:* Bart decides to run away from home. (S)(R) **5.30** *Monty Can't Buy Me Love:* Mr Burns tries to improve his public image. (S)(R)
6.00 **Animal Control** 6/10. Frank's prank war with Templeton reaches new heights. (S)(R) **6.30** 7/10. Frank and Shred are forced to track down an escaped penguin. (S3) (S)(R)

10.00 Last Week Tonight

7.00 **The Simpsons** *Bart the Daredevil:* Bart becomes a daredevil skateboarder. (S)(R) **7.30** *Itchy & Scratchy & Marge:* Marge protests about TV violence, convinced it is turning Maggie bad. (S)(R)
8.00 **Agatha Raisin** *The Wizard of Evesham – Part One:* 1/6. The sleuth's hairstylist becomes the centre of a maelstrom involving blackmail, conspiracy and murder. (S)(R)(AD)
9.00 **Agatha Raisin** *The Wizard of Evesham – Part Two:* 2/6. The beauty salon case continues as Agatha digs deeper into her charming hairstylist's apparent crimes. (S2) (S)(R)(AD)
10.00 **Last Week Tonight with John Oliver** New edition The comedian hosts an in-depth, satirical look at developments from the past seven days.
10.45 **Animal Control** *Buffalo and Beavers:* 6/10. Frank's and Templeton's prank war reaches new heights. (S3) (S)(R)
11.15 **Animal Control** (S3) (S)(R)
11.45 **Grimm** 4/13. (S6) (S)(R)
12.40 AM **The Force: Manchester** (R)
1.35 **Road Wars** (R)
2.00 **Best Medicine** New episode *Port Wenn-Ings and a Funeral:* 10/13. A woman's hallucinations have dire consequences. (S1) (S)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.45pm Sportscene: Premiership Highlights (S) **11.15** FILM The Mist (S) (AD) (2007, 15, 115min) ★★★★ **1.10am** Scotcast (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.45pm Bikes! Armoy Road Races (S) **11.25** FILM The Mist: As Scotland. **1.20-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.30-9.00pm Best of Weatherman Walking New edition (S)

YORKSHIRE/YORKSHIRE & LINCOLNSHIRE
Sky 954, Virgin 101, Freesat 954
8.30-9.00pm NEW The Big Cases – The Funeral Home Horror (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **6.00** Am Dro! (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Eisteddfod Genedlaethol New edition **10.00** NEW SERIES Y Babell Lên **10.30** Ralïo+ **11.00pm-12.05am** Y Sioe

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Exploring the wildlife of British Columbia. **7.30** Steve Backshall and the team visit Costa Rica.
8.00 **The Great British Sewing Bee** The contestants recycle T-shirts and make outfits with an eco-message.
9.00 **Top Gear Patagonia Special** Jeremy Clarkson, Richard Hammond and James May take used sports cars on a gruelling trip to the world's southernmost city to stage a game of car football. **10.05** The conclusion of the trip. Having encountered stunning landscapes and mechanical mishaps on their journey through Argentina, the trio's adventure is brought to a dramatic climax.
11.10 **Icons of Football** Hearts and Scotland goalkeeper Craig Gordon.
12.10 AM **Tommy: The Good. The Bad. The Fury**
2.40 **A Better Place**
2.55 **to 3.55** AM **BBC New Comedy Awards 2024**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Atlantic: The Wildest Ocean on Earth** A look at life in the warm waters of the tropical Atlantic.
8.00 **The Art of Spain** Exploring the history of Spanish art.
9.00 NEW **Sally Magnusson Remembers – Mastermind** The broadcaster shares memories of her father's time as the host of *Mastermind*.
9.20 **Mastermind 1972 Final** Magnus Magnusson presents the 1972 final of the quiz.
9.50 **Call My Bluff** With Sally Magnusson, Peter Egan, Anna Massey and Godfrey Smith.
10.20 **Becoming Frida Kahlo** Politics and turbulent love shock the painter's world, while love and trauma shape her final year.
11.20 **Turner: The Man Who Painted Britain** Documentary drama chronicling the painter's life.
12.20 AM **Atlantic: The Wildest Ocean on Earth**
1.20 **Becoming Frida Kahlo**
2.20 **to 3.20** AM **The Art of Spain**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed** Five editions of the B&B challenge.
12.40 PM **Come Dine with Me** Five editions of the culinary contest from north Surrey.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a 1988 Fiat Uno Turbo. **6.50** Tim Shaw and Fuzz Townshend take on a 1993 Toyota Supra Mk4 owned by a former motorcycle racer.
7.55 **Grand Designs** Kevin McCloud follows an architect's project to build a house out of shipping containers, welded together to form a giant cross and cantilevered on the family farm in Co Derry.
9.00 **Bill Bailey's Vietnam** 6/6. Bill uncovers the importance of ancient stories in Vietnamese culture, and explores Ha Long Bay on a traditional junk boat, where legends of dragons live on.
10.00 **24 Hours in A&E** A woman is brought to St George's Hospital after being involved in a motorbike accident which has completely severed her right leg below the knee.
11.00 **24 Hours in A&E**
12.05 AM **999: On the Front Line** Documentary.
1.05 **24 Hours in A&E**
3.15 **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Devon.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** A clingy squirrel.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Triple bill.
6.30 **Hollyoaks** Frankie opens up to Caleb about her past. **7.00** Leela refuses to let up on her suspicions.
7.30 **The Simpsons** *The Marge-ian Chronicles:* Lisa signs up to participate in the future colonisation of Mars.
8.00 NEW SERIES **Vanderpump Rules** Lisa shepherds a new group of bartenders.
9.00 **Below Deck Down Under** New edition The deck team have a plan to improve relations with the guests.
10.00 **Gogglebox**
11.00 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Vanderpump Rules**
2.10 **Below Deck Down Under**
3.00 **Ramsay's Kitchen Nightmares USA**
3.55 **The Simpsons**
4.45 **The Goldbergs**
5.35 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

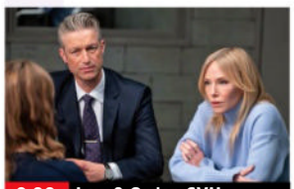
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 16/22. (S6)
12.00 NOON **FBI** 1&2/19. (S2)
2.00 PM **The Rookie** 4/22. Bailey's life hangs in the balance. (S5)
3.00 **Law & Order: Criminal Intent** 3/16. Nichols takes on a crime boss when a detective is killed. (S9)
4.00 **Nothing to Declare**


9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Special Victims Unit** New episode *Career Psychopath:* 11/21. A stranger threatens Carisi and Rollins' lives. (S27)

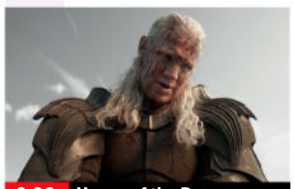
10 PM
10.00 **Law & Order: Criminal Intent** *Badge:* 20/22. An accountant and his family are killed. (S1)
11.00 **The Rookie** 22/22. Nolan is forced to spend a week in solitary confinement. (S4)
12.00 M'T **FBI** 15&16/22. (S1)
2.00 AM **FBI: International** (S3)
3.00 **The Force: Manchester**
4.00 **Road Wars**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 3&4/12. (S4)
10.15 **Task** 4&5/7. (S1)
12.30 PM **Homicide: Life on the Street** 10&11/22. (S4)
2.30 **Billions** 3&4/12. (S4)
4.40 **Task** 6/7. The task force, Dark Hearts and Robbie converge in the woods. **5.45** 7/7. A revelation leads to a final confrontation. (S1)
6.50 **True Detective: Night Country** 4/6. Danvers and Navarro confirm the location of Annie's murder. (S4)


9.00 House of the Dragon

7.55 **True Detective: Night Country** 5/6. As Prior digs into the links between Tsalal and mining company Silver Sky, Navarro rescues Leah from a local protest. (S4)

9.00 **House of the Dragon** New episode 7/8. *Game of Thrones* prequel following the story of House Targaryen. (S3)

10.15 **The Last of Us** *Look for the Light:* 9/9. Joel and Ellie near the end of their journey. Pedro Pascal and Bella Ramsey star. (S1)
11.20 **Dune: Prophecy** 2/6. Desmond makes a confession to Emperor Corrino, and Tula reluctantly enlists Lila for a vital mission. (S1)
12.30 AM **Task** 6&7/7. (S1)
2.50 **Billions** 3&4/12. (S4)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Orange...**
9.20 **The Only Way Is Essex**
10.15 **Dawson's Creek** 1/13. (S1)
11.15 **Charmed** 1/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

11.35 American Dad!

7.00 **The Floor USA** New edition Rob Lowe hosts the American version of the dramatic and fast-paced game.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **The Only Way Is Essex** New edition Dani and Jonnie dive headfirst into their romance, convinced they are on the right track.

10.00 **Family Guy** 5/16. The Griffins get a new dog. **10.30** 6/16. Peter returns to third grade to qualify for a promotion at work. (S7)
11.05 **Family Guy** 4/12. Part one of two. Stewie decides to murder Lois on holiday. (S6)
11.35 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 8/8. (S2)
1.55 **Deep Fake Neighbour Wars**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
7.40 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *The Scarecrow Murders:* The annual Scarecrow Festival takes a grisly turn.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Great Ming Mystery:* A visitor is suspected of involvement in the theft of a priceless Ming vase.

8.00 Midsomer Murders

6.55 **Heartbeat** *Second Chances:* A man who has not been heard of in 20 years and was presumed dead suddenly reappears.

8.00 **Midsomer Murders** *The Made-to-Measure Murders:* Barnaby and Jones investigate when a woman is stabbed to death in a churchyard two years after the death of her husband.

10.00 **Grantchester** 3/6. Geordie suspects foul play when a computer laboratory head dies from mercury poisoning. (S4)
11.00 **Grantchester** 4/6. Will and Geordie try to determine the cause of a woman's ultimate fatal injuries in a fall. (S4)
11.50 **Trial & Retribution** 3/10. A schoolgirl is killed. (S10)
1.25 AM **Wycliffe** 7/8. (S3)
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Professionals**
11.20 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.30 **Dempsey and Makepeace**
3.40 **Boon**
4.45 **The Professionals** *Killer with a Long Arm:* A sniper holds a family hostage and targets the Wimbledon tennis tournament.
5.55 **Minder** *Diamonds Are a Girl's Worst Enemy:* A cache of diamonds goes missing.

7.00 River Monsters

7.00 **River Monsters** A face-eating creature in a remote part of Bolivia. **7.30** Jeremy Wade tracks down a snakehead fish.

8.00 **The Motorbike Show** Henry Cole joins the Harley Owners Group and embarks on his quest for land speed record glory.

9.00 **FILM Under Siege** Action thriller starring Steven Seagal as a ship's cook tackling terrorists on board a battleship loaded with nuclear weapons. With Tommy Lee Jones and Gary Busey. (1992, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Star Trek: Strange New Worlds** New episode 8/10. The crew become trapped in a fairy tale. (S1)
12.05 AM **Lost** 8/24. (S2)
1.00 **Motorsport UK**
1.55 **BattleBots**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **Sign Zone: Paramedics on Scene**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The Mountain** The summer months bring new opportunities. **8.30** Spud the piper has a riding lesson.
9.00 **Interior Design Masters with Alan Carr** The designers transform common rooms at the Royal Navy Air Station.
10.00 **River City** New episode Conor convinces Nicole they should come clean.
10.30 **Two Doors Down** (S6)
11.00 **Scotcast** News stories.
11.30 PM **to 12.00** M'T **Gary: Tank Commander**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 3&4/8. (S2)
10.00 **The Chair Company**
11.15 **Will & Grace** (S7)
12.15 PM **Avenue 5** (S1&2)
1.30 **The Chair Company**
2.45 **Will & Grace** (S6)
3.45 **Hacks** 4&5/10. (S5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** (S4)
8.00 **Hitmen: Reloaded** 5/6. Fran hires a private investigator to dig up some dirt on Kat as she and Jamie prepare for their final hit. **8.30** 6/6. An imprisoned Fran watches her captor live out her dream friendship on CCTV. (S2)
9.00 **Real Time with Bill Maher** New edition
10.10 **Hacks** 4&5/10. (S5)
11.30 **Hitmen: Reloaded** (S2)
12.30 AM **Community** (S1)
1.30 **The Chair Company**
2.40 **Upright** 4&5/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Brahms and Shostakovich**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Presents** Double bill.
8.00 **André Rieu: Happy Days Are Here Again**
11.00 **Brian and Roger Eno Live at the Acropolis**
12.40 AM **Up Late with Nicola Benedetti**
2.15 **Peter and the Wolf**
3.45 **Opera North's Resonance**
4.00 **The Sky Arts Book Club Summer Reads Special**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 22/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *The Host:* 23/26. Dr Crusher falls in love. (S4)
8.00 **Police 24/7** Officers find a suspect in the woods.
9.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 7.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep** Contestants include Jordan Banjo, Martin Kemp and Joanna Page.
2.00 **Tenable** Game show.
3.00 **The Chase Celebrity Special** Guests Lance Ellington, Beth Tweddle, Bob Champion and Sally Lindsay take part.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Who Wants to Be a Millionaire?** Big-money quiz show.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun: Home or Away**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Renovation Rescue**
8.00 **Richard E Grant's Very Modern Odyssey** 1/4. The actor retraces the route take by Odysseus in Homer's *The Odyssey*.
9.00 **Gogglebox** Reviews of *The Celebrity Traitors* and *Trigger Point*.
10.00 **FILM American Gangster** Ridley Scott's crime drama starring Denzel Washington and Russell Crowe. (2007, 18, 157min) ★★★★
1.05 AM **Gogglebox**
2.10 **Naked Attraction**
3.15 **24 Hours in A&E**
4.15 **to 4.45** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 5&6/13. (S3)
4.00 **Stargate SG-1** 21/22. (S7)
5.00 **Star Trek: Voyager** 15/26. Seven of Nine is forced to fight for Tuvok's life in an alien arena. Guest stars Dwayne 'The Rock' Johnson. (S6)
6.00 **Star Trek: Enterprise** 12/24. The crew rescue a group of religious fanatics. (S3)

11.00 The Walking Dead

7.00 Stargate Atlantis *Doppelganger:* 4/20. A crystalline entity invades the crew's dreams. (S4)

8.00 Stargate SG-1 *Lost City – Part One:* 21/22. O'Neill risks his life in an attempt to stop Anubis destroying Earth. (S7)

9.00 Resident Alien *Old Friends:* 1/16. Harry struggles to hold on to his alien identity as his human emotions start to get stronger. (S2)

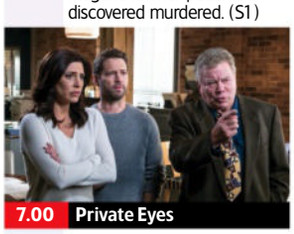
10.00 Grimm *The Taming of the Wu:* 19/22. An altercation threatens to land Sgt Wu in hot water. (S5)

11.00 **The Walking Dead** 9/16. Rick and his group are led to a new community. (S7)
12.00 M'T **Resident Alien** 10/10. Harry faces his own humanity as he stands on the verge of completing his mission. (S1)
1.00 AM **Warehouse 13** (S3)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 12/22. (S5)
11.00 **Hudson & Rex** 9/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 12/22. (S5)
5.00 **Hudson & Rex** 9/16. A police officer is killed in the nightlife district. (S6)
6.00 **Body of Proof** 3/9. One of Megan's former patients is discovered murdered. (S1)



7.00 Private Eyes

7.00 Private Eyes *The PI Code:* 6/18. The detectives are hired to investigate jury tampering. (S2)

8.00 Death in Paradise 1/8. An eminent astronomer dies in mysterious circumstances. (S12)

9.00 Death in Paradise *The Secret of the Flame Tree:* 2/8. A literature student is pushed off a cliff to her death. (S6)

10.00 Father Brown *The Lord of the Dance:* The cleric takes the lead when a television dancing contest turns deadly.

11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu are framed. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Going Straight**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Going Straight**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.15 Are You Being Served?

7.00 Only Fools and Horses Del decorates the local Chinese restaurant.
7.40 Dad's Army: The Lost Episodes Walker is called up to the Army.
8.15 Are You Being Served? The staff join the fight to try and protect the store from a takeover bid.

9.00 Fawlty Towers A loud-mouthed American comes to stay at the hotel.
9.40 Going Straight Fletch meets a teenage runaway and tries to help out.
10.20 Not Going Out Guy's presence in the flat continues to rile Lee.
11.00 **Mrs Brown's Boys**
11.35 **Colin's Sandwich**
12.15 AM **Going Straight**
12.55 **Fawlty Towers**
1.40 **Not Going Out**
2.15 **Colin's Sandwich**
3.00 **Don't Wait Up**
3.30 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Spain**
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing**
3.00 **Martin Clunes: Islands of America** The actor pays a visit to Puerto Rico.
4.00 **Rick Stein's Spain** Double bill.
6.00 **The Hairy Bikers: Mums Know Best** Meals that have become family favourites.

7.00 Mortimer & Whitehouse

7.00 Mortimer & Whitehouse: Gone Fishing From the River Usk in Wales.
7.40 Would I Lie to You? With panellists Rhod Gilbert, Sally Phillips, Tess Daly and Des O'Connor. **8.20** With Gabby Logan, Andy Hamilton and Dr Christian Jessen.

9.00 Have I Got a Bit More News for You Victoria Coren Mitchell hosts the quiz, with guests Maisie Adam and Helen Lewis.

10.00 QI XL Sara Pascoe, Jack Whitehall, Adam Hills and Alan Davies attempt to answer questions on the topic of liars and lying.

11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With David Mitchell.
3.05 **Richard Osman's House of Games** Quiz show.
3.35 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Compo tries to adopt a spiritual outlook on life. **6.40** The trio go on a field trip to a historical home.

5.20 As Time Goes By

7 PM

7.20 Last of the Summer Wine Compo shocks everyone by making an effort to dress smartly in an attempt to woo a lady.

8 PM

8.00 The Brokenwood Mysteries *Fall from Grace:* 1/4. An ex-boyfriend of Kristin's dies while skydiving, and when the cords are found severed, it soon becomes clear that his demise was either suicide or murder. (S4)

9 PM

10 PM

10.00 New Tricks *Shadow Show:* The squad reopen the investigation into an actor's disappearance.

11.20 **Luther** 1/6. The maverick detective investigates the murder of a former child genius' parents. (S1)
12.40 AM **Lovejoy** 1/10. A Japanese antique intrigues Lovejoy. (S1)
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Yankee White:* 1/23. A senior Navy officer dies on board the president's plane. **7.00** *Hung Out to Dry:* 2/23. A US Marine's parachute fails to open during a training exercise. **8.00** *Seadog:* 3/23. A naval commander's body is washed ashore with the corpses of two drug traffickers. (S1)
9.00 **NCIS: Hawaii** New episode *Spill the Tea:* 9/10. The team investigate when a high-value bioweapons expert is murdered in a secure facility. (S3)
10.00 **Law & Order: Special Victims Unit** (S18&17)
1.55 AM **Blue Bloods** (S11)
2.55 **to 3.50** AM **NCIS: Los Angeles**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Sister Benita takes on the role of team leader for the first time, and a new 'Wobble Room' opens.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Documentary.
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM Lonely Are the Brave** Modern-day western. (1962, b/w, PG, 107min) ★★★
2.15 **FILM Seminole** Western starring Rock Hudson. (1953, U, 87min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers take advantage of new facial recognition technology.
9.00 **Police Interceptors**
10.00 **Highway Thru Hell**
11.00 **The X-Files** 10/20. (S5)
12.00 M'T **World's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Property Brothers at Home** DIY series.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home** DIY series.
5.00 **DIY SOS: The Big Build**
7.00 **NEW SERIES MasterChef Australia** Forty of the best home cooks prepare for the audition stages.
8.40 **Dom Chinea's Cornish Workshop** Dom and Sam head to St Agnes to buy Cornish tin to cast a workshop sign.
9.40 **Designing the Hebrides** The bar of the Isle of Mull Rugby Club. **10.20** Designing a rustic gin-tasting bar.
11.00 **One Born: What Happened Next?**
12.00 M'T **First Responders**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow**
7.00 **The Green Planet** David Attenborough presents a guide to the world of plants.
8.00 **Canal Boat Diaries**
9.00 **Portillo's Empire Journey** South Africa.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Right Said Fred.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** Angus Ashworth looks through an art deco collection.
8.00 **Antiques Road Trip**
9.00 **The Repair Shop** The experts restore a coil purse, a Flamenco guitar and a taxi meter.
10.00 **The Yorkshire Auction House**
11.00 **Help! My House Is Haunted** Three editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 4/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 7&8/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 7&8/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 6/22. Colonel Potter receives a traffic ticket in the mail. **7.30** 7/22. Hawkeye reunites warring brothers. **8.00** 8/22. Part one of two. A present arrives. **8.30** 9/22. Part two of two. Klinger is accused of stealing a camera. **9.00** 10/22. Klinger becomes commander. (S10)
9.35 **M*A*S*H** (S10)
1.25 **Rising Damp** 2/7. (S1)
1.55 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art: Hitler's Art Dealer**
10.00 **Murder Maps**
10.30 **Wanted: Dead or Alive**
11.00 FILM **Operation Cross Eagles** War drama. (1969, PG, 90min) ★★
1.00 PM **The Unit** 11/13. (S1)
2.00 **Burn Notice** 8/16. (S2)
4.00 FILM **The Double** Spy thriller with Richard Gere. (2011, 12, 94min) ★★
6.00 **The Unit** 11/13. (S1)
7.00 **Burn Notice** 8/16. (S2)
9.00 FILM **Anthropoid** World War Two drama starring Jamie Dornan and Cillian Murphy. (2016, 15, 120min) ★★★
11.30 **The Avengers** (S5)
12.30 AM **The New Avengers**
1.30 **The Persuaders!**
2.30 FILM **Absolute Zero** Disaster thriller starring Jeff Fahey. (2005, 12) ★
4.20 **Coast Guard Alaska**
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Diagnosis Murder: Without Warning** Crime drama. (2002, PG, 90min) ★★
10.05 FILM **Flower Shop Mystery: Snipped in the Bud** Drama sequel. (2016, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 14/23. (S4)
3.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
6.00 **Murder, She Wrote**
7.00 **Castle** 15/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries**
11.50 FILM **Nelly Knows: All Manner of Murder** Crime mystery. (2025, PG, 115min) ★★
1.45 AM FILM **The Black Widow Killer** Thriller. (2018, 12, 90min) ★
3.25 **to 5.00** AM FILM **Killer Night Shift** Thriller. (2018, 15, 81min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM FILM **Love Is On The Air** Romantic drama. (2021, PG, 85min) ★★
10.05 FILM **My Boss's Wedding** Romance. (2021, PG, 85min) ★★
12.05 PM FILM **One Summer** Drama. (2021, PG) ★★
2.00 FILM **Home for Harvest** Romantic drama. (2019, PG, 90min) ★★
3.55 FILM **A Town Called Love** Romantic drama. (2023, U, 89min) ★★
5.50 FILM **The Boyfriend Trap** Romantic drama. (2022, PG, 90min) ★★
7.50 FILM **The Decoy Bride** Romantic comedy. (2011, 12, 88min) ★★
9.45 FILM **The Movie Star and the Cowboy** Drama. (2023, PG, 92min) ★★
11.45 FILM **Secret Millionaire** Comedy. (2018, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Home for Harvest**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** A plot in Hull.
1.00 PM **My Floating Home**
2.00 **Case Sensitive** 1/2. (S2)
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** Visiting Wales.
4.45 **Real Thick Glasses**
5.00 **My Floating Home**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 **Case Sensitive** (S2)
10.00 **BSL Zone: Small World**
10.30 **Queer Lives Today**
11.00 FILM **Girls Come First** British comedy. (1975, 18, 43min) ★★
12.00 M'T FILM **Adventures of a Plumber's Mate** British sex comedy. (1978, 18, 88min) ★
2.00 AM **Case Sensitive** (S2)
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **Bottle Boys** (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 6/7. (S3)
1.30 **Press Gang** 8/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 6/8. (S2)
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Danger Man** 12/39. (S1)
6.30 **Bottle Boys** 5/6. (S2)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** (S1)
8.30 **Randall and Hopkirk (Deceased)** 2/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Sex Farm** Comedy. (1974, 15, 84min) ★★★
11.40 AM FILM **Mardi Gras Massacre** Horror. (1978, 18, 97min) ★★
1.40 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** The Bates.
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip**
7.00 **Aussie Gold Hunters** Scorching desert heat pushes Rick to his limit. **8.00** The Dirt Dogs and Gold Gypsies fight back against gold thieves.
9.00 **Dr Jeff: Rocky Mountain Vet** A German shepherd has head injuries after it is trampled by a donkey.
10.00 **Life at Vet University**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** Balearics.
7.00 **The Hairy Bikers Go North** The Peak District.
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Culinary series.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **The Hairy Bikers Go North** The Peak District.
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Spanish Adventure** A visit to the Boqueria market. **10.00** The chef visits an anchovy producer, and sees how ratafia is made.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 1/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 17/22. (S2)
11.00 FILM **Miami Magma** Sci-fi disaster thriller. (2011, 15, 97min) ★★
1.00 PM FILM **Double Dragon** Adventure. (1994, 12, 91min) ★★
3.00 FILM **Slipstream** Sci-fi. (1989, PG, 101min) ★
5.00 **Star Trek** 8/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 18/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Misfits** Heist thriller starring Pierce Brosnan, Jamie Chung and Nick Cannon. (2021, 15, 94min) ★★
11.00 FILM **The Patriot** Epic period drama starring Mel Gibson and Heath Ledger. (2000, 15, 167min) ★★★
2.20 **to 4.50** AM FILM **Papillon** Drama. (2017, 15, 133min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
11.00 **Andromeda** 10/22. (S4)
12.00 NOON FILM **Wild Horses** Western drama. (1985, PG, 95min) ★★
2.00 PM FILM **MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **End of the World** Disaster movie. (2018, PG, 88min) ★★
7.00 **Andromeda** 11/22. (S4)
8.00 **The A-Team** 5/25. (S3)
9.00 FILM **The Foreigner** Thriller with Jackie Chan. (2017, 15, 113min) ★★
11.25 FILM **Hard Kill** Action starring Jesse Metcalfe. (2020, 15, 98min) ★★
1.30 AM FILM **Hidden Agenda** Action thriller. (2001, 18, 91min) ★★
3.20 FILM **End of the World** As shown at 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Loughborough.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Junk & Disorderly**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Secrets in the Sand**
10.00 **Secrets in the Dark**
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **The Curse of Civil War Gold**
1.00 AM **Evidence of the Unexplained**
2.00 **Cops Uncensored**
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Japan.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo** Crime drama.
5.00 **Great Gardens of Europe** In Leiden.
6.00 **Great British Ships: Golden Hinde**
7.00 **Ben Fogle: New Lives in the Wild** Double bill..
9.00 **Egypt with Dan Snow** Dan travels to the city of Aswan on board a Nile cruiser, the SS *Sudan*.
10.00 **Lost in the Desert with Nick Knowles** Nick visits a Naadam Festival in the Gobi Desert.
11.00 **Prisoner: Cell Block H**
1.00 AM **Murder, She Wrote**
3.00 **The Betrayal of Anne Boleyn: Inside The Tower of London**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Celebrity Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase**
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Donna Air, Amanda Lamb, Sarah Greene and Dan Snow.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine take part for charity.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Celebrity Chase**
3.00 **The Chase**
4.00 **to 7.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon** (S3)
10.00 **The Big Bang Theory**
2.00 PM **The Middle** (S1)
3.30 **Young Sheldon** (S3)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 8/24. The friends cross paths again with Wil Wheaton. (S4)
9.00 **Unacceptable** Vittorio Angelone defends a misunderstood Trump and Fatiha El-Ghorri backs arranged marriage.
10.00 FILM **Beverly Hills Cop 3** Action comedy starring Eddie Murphy. (1994, 15, 104min) ★★
12.00 M'T **The Middle** (S1)
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** 16-19/25. (S5)
11.00 **The Upper Hand** (S4)
1.10 PM **Friends** (S9)
7.55 **Friends** 20/24. Joey throws a party. (S9) **8.25** 21/24. Chandler and Monica visit a fertility clinic. (S9)
9.00 **Stupid Central** New editions Featuring how not to flirt and treadmills fighting back. **9.30** Pranks gone wrong and footballing flops.
10.00 **Mr Bean** 11&12/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park** (S7)
2.30 **Dragony Aunts** (S1)
2.40 **Dara O Briain – Craic Dealer** Stand-up show
3.30 **Michael McIntyre: Showtime** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 12&13/25. (S5)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Surprises** As 7.00pm.
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 14-17/25. (S5)
7.00 **Michael McIntyre's Big Surprises** The look back at past series.
8.00 **The Upper Hand** (S4&1)
9.00 **Rhod Gilbert's Growing Pains** With Ignacio Lopez.
10.00 **Friends** 7-24/24. (S9)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Surprises** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 2/11. (S7)
10.50 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 6/10. Drama. (S4)
2.45 **Minder** 3/11. (S4)
3.45 **Just Good Friends** (S1)
4.20 **Man About the House**
4.55 **Bread** 2/11. (S7)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Rising Damp** 6/7. (S1)
6.45 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 7/11. (S1)
9.00 **Benidorm** 3/7. (S8)
10.00 **Shameless** 1/16. (S6)
11.00 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 3/7. (S8)
1.05 **Minder** 2/10. (S5)
2.05 **Duty Free** 4/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 6/13. (S1)
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Judge Judy**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Fiendish Friends** Reality series.
2.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids, Skint Holiday** A 19 year old takes a break in Great Yarmouth.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us**
10.00 **Ink Master** New edition
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition People slipping through cracks.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **to 4.00** AM **True Life Crime UK**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Three-wheel vehicles and baseball bats. **3.30** Springs and pianos. **4.00** Rope and billiard tables. **4.30** Seatbelts, hot-air balloons and wax figurines.
5.00 **Alaska: Homestead Rescue** A homestead with food, predator and power problems.

9.00 Invasion of the Mega Sharks

7.00 **Ant Anstead Master Mechanic** Ant looks to own a 1950s Alfa Romeo. **7.30** The mechanic finds a donor 1950s chassis.
8.00 **The Woodland Workshop** The experts set out to craft an art box, a sunroom chair and a bespoke DJ Booth.
9.00 NEW **Invasion of the Mega Sharks** A research team uncover a huge population of enormous white sharks.
10.00 NEW **How to Train a Great White** Experts attempt to train great white sharks using a mix of cues and challenges.
11.00 **The Alaska Triangle** Researchers investigate the disappearance of airplanes.
12.00 M'T **Deadliest Catch**
2.00 AM **Invasion of the Mega Sharks** As 9.00pm.
3.00 **How to Train a Great White**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A zebra shows signs of pregnancy. **4.00** The staff plan treatment when a cheetah has an injury.
5.00 **Lone Star Law** A gas spill in the water system is assessed.
6.00 **Dr Jeff: Rocky Mountain Vet** Hector and Dr Jeff look to treat a tribe of fainting goats.

7.00 Treehouse Masters

7.00 **Treehouse Masters** A friend asks Pete Nelson to build him a treehouse complete with a wine bar, loft and even a hot tub.
8.00 **Air Jaws: The Hunted** Tracking down the killer of five great white sharks that washed up dead on South African beaches.
9.00 **Alaska: The Last Frontier** Eivin takes Levi on a hunt, and Otto and the crew work to repair the Constructor boat.
10.00 **Alaskan Bush People** Alaskan survivor family the Browns discuss the difficulties of maintaining their remote lifestyle.
11.00 **In Search of Monsters** Seeking answers to mysteries surrounding the Mothman.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles rattlesnakes.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Mega Marine Machines**
11.00 **Car S.O.S.**
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Mysteries of Ancient Medicine** A host of ancient medical secrets are uncovered.
5.00 **Drain the Oceans** Exploring a wreck that could be the last ever slave ship.
6.00 **Construction Fails** Spectacular mishaps and how disaster could have been averted.

8.00 Disaster Autopsy

7.00 **Air Crash Investigation** A look at the case of a Chinese plane that crashed minutes from touching down in Japan.
8.00 **Disaster Autopsy** New edition Recreations of disasters, using analysis to uncover the factors behind the tragedies.
9.00 **Air Crash Investigation** Featuring a reconstruction of a 2010 disaster when an engine on Qantas Flight 32 exploded.
10.00 **Plane Crash Recreated** A series of failures on a flight that led to a tense emergency landing on November 4, 2010.
11.00 **Air Crash Investigation** A private jet must land in heavy snow and a tight curfew.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
6.55 **Hannibal: A March on Rome**
7.50 **Storage Hunters**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain**
6.00 **American Pickers** A homeowner's grandfather leaves behind a property that includes a speakeasy..

9.00 Secrets Declassified

7.00 **Forged in Fire** Smiths try to salvage steel from a massive railroad track, and two smiths fashion a seven-foot sword.
8.00 **Swamp Mysteries with Troy Landry** Troy heads into the bayou to confront a host of beasts known and unknown.
9.00 **Secrets Declassified with David Duchovny** Series finale The actor investigates evidence from declassified files.
10.00 **UFO POV** Eye-witness accounts and footage, plus expert analysis show what UFOs might see from their perspective.
11.00 **UFO POV** What UFOs might see from their perspective.
12.00 M'T **Digging for Britain**
1.50 AM **Swamp Mysteries with Troy Landry** As 8.00pm.
2.50 **Secrets Declassified with David Duchovny** As 9.00pm.
3.40 **Pawn Stars**
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Ed Harris**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **The Comedy Store**
11.05 **UFO** Documentary.
12.00 NOON **Steve McQueen: The Lost Movie** Documentary.
1.50 PM **My Icon: Leon Pryce**
2.00 **The United Way**
3.50 **My Icon: Chris Hughton**
4.00 **The Directors**
5.00 **Discovering: Ed Harris**
5.55 **JFK: Destiny Betrayed**

8.00 The Cult of the Family

7.00 **David Frost Vs** A look back at the journalist's interviews with Elton John with the singer himself introducing the clips.
8.00 **The Cult of the Family** In 1987 a teenage girl escapes from a lakeside compound, triggering a police raid to rescue her siblings. **9.10** The rescued children struggle to find a sense of normality and the cult leader is tracked down by detectives when she goes on the run. **10.15** An insider's testimony reveals enough evidence to arrest Anne Hamilton-Byrne.
11.20 **Costa Concordia: Chronicle of a Disaster** Accounts of the sinking of the cruise ship told from different perspectives.
1.20 AM **The Great Horsemeat Scandal** Documentary.
2.00 **The Salisbury Poisonings: A Spy Next Door**
3.40 **Nick Cave's Veiled World**
5.00 **to 6.00** AM **Discovering: Ed Harris**

7 PM
8 PM
9 PM
10 PM

Monday

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Car Hunters**
1.00 PM **Mike Brewer: Born Dealer** An MX5 is sold.
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **Ant Anstead: Born Mechanic** New edition A 1971 Mercedes W108.
10.00 **The Repair Shop**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Real Death in Paradise**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Justin Barber.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** A woman who defrauded her friend.
8.00 **Murder on CCTV**
10.00 **Faking It: Tears of a Crime** Tracie Andrews and Mike Gifford-Hull.
11.00 **Deadliest Mums & Dads**
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Sarah Williams.
8.00 **UK Crime Files: The Female Killer** The crimes of Joanne Dennehy.
9.00 **UK Crime Files: The Head On The Beach** Vitas Plytnikas' crimes.
10.00 **Donal MacIntyre's Killer Evidence** A case where police believed a man killed his wife.
11.00 **Secrets of a Murder Detective** The murder of Jodie Chesney.
12.00 M'T **UK Crime Files: The Female Killer**
1.00 AM **UK Crime Files: The Head On The Beach**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Murder of Collette Aram**
3.00 **UK Crime Files: Bus Stop Rapist**
4.00 **Killers: Caught on Camera** Footage of the last movements of a missing woman.
5.00 **Medical Detectives** Police investigate two potentially related cases. **5.30** Investigators look into the disappearance of a six-year-old girl. **6.00** The wife of a doctor goes missing. **6.30** Investigators track down a professional photographer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Charmed by the Devil** Doug Gretzler.
1.40 PM **Killer in My Village**
2.45 **Catching the Killer**
3.50 **World's Most Evil Killers**
4.55 **How I Caught the Killer**
6.00 **Catching the Killer** The 1989 discovery of two murder victims in Pembrokeshire.
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Wayne Willams.
1.00 AM **Forensics: Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Georgia.
8.50 **Conquistadors...**
9.50 **Pirates: Behind the Legends** See 7.55pm.
10.50 **The Anti-Soviet Fighters**
12.00 NOON **Hitler's Gold**
1.00 PM **America the Bountiful** Georgia.
1.35 **Conquistadors...**
2.35 **Hitler's Gold**
3.40 **Pirates: Behind the Legends** See 7.55pm.
4.40 **The Anti-Soviet Fighters**
5.50 **Hitler's Gold**
6.55 **Conquistadors: The Rise and Fall**
7.55 **Pirates: Behind the Legends** Telling the story of William Kidd.
8.55 **The Anti-Soviet Fighters**
10.00 **Hitler's Gold**
11.00 **Pirates: Behind the Legends** As 7.55pm.
12.00 M'T **The Anti-Soviet Fighters**
1.10 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life** Double bill.
8.00 **Africa's Wild Horizons**
9.00 **Becoming Orangutan**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Becoming Orangutan**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **Surviving the Amazon** The new skills animals need to learn to survive the dry season.
9.00 **Superbeast** The shark, one of nature's deadliest predators.
10.00 **Big Cat Country**
11.00 **Dawn to Dusk**
12.00 M'T **Arabian Seas**
1.00 AM **Ol Pejeta Diaries**
2.00 **Surviving the Amazon**
3.00 **Superbeast** As 9.00pm.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Becoming Orangutan**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **The Great British Dig: History in Your Back Garden**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** A look into patterns in UFO and UAP sightings across California.
8.00 **The Secret Nazi Expeditions** Nazi Germany's search for the legendary continent of Atlantis.
9.00 **The Proof Is Out There: Unexplained Edition** An eerie noise tormenting the residents of Brooklyn, New York.
10.00 **Killer Kings** Herod the Great.
11.00 **Ancient Aliens** Ten of history's most compelling projects that study the UFO phenomenon. **12.00** M'T Charting the top 10 mysterious mountains.
1.00 AM **Alien Corridors**
2.00 **The Great British Dig: History in Your Back Garden**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
12.00 NOON **Richard Hammond's Big**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made** Six editions of the documentary, including at: **8.00** Sanders, Stucco and high-speed roll-up doors. **8.30** How pressed glass and utility knives are made.
9.00 **How the Universe Works** New discoveries surrounding interstellar space, the space between the universe's stars. **10.00** New discoveries lead scientists to question if the Big Bang really happened.
11.00 **NASA's Unexplained Files** Experts investigate if a nearby exoplanet could be the home to an alien civilisation. **12.00** M'T An investigation into a strange discovery made by the Mars Curiosity rover.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** A rent dispute.
11.00 **Robbie Coltrane's Critical Evidence** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **Homicide Hunter**
7.00 **The First 48** Detective White needs a former student to tell the truth about a shooting.
8.00 **Green Eyed Killers**
9.00 NEW SERIES **Last Seen on Holiday** Cases of people who disappeared abroad.
10.00 NEW SERIES **Check-In to Murder** Khloemae Loy. **11.00** New edition A look into the case of Sonia Blount.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **Sunshine Slayings**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Heartland Docs**
3.00 **Panda School**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Documentary.
7.00 NEW SERIES **Africa's Ghost River** Double bill of editions.
9.00 **Blitzkrieg Sharks** Exploring various species of shark that seem to be defying expectations to take their predatory behaviour away from the sea.
10.00 **When Sharks Attack 360** Investigation into a devastating shark bite in Australia.
11.00 **Snakes in the City** Simon must face his fear of heights to recapture a black mamba.
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **To Live or Die on Everest**
8.00 **Combat Dealers**
9.00 **Lost Mines: Restored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Examining what happens when the two most powerful objects in the cosmos collide.
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Unexplained and Unexplored**
10.00 **How Do They Do It?** How engineers drill for oil thousands of metres below ground. **10.30** The production of diesel engines that can fly.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Five editions.
2.00 PM **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore hidden parts of Archway. **3.00** The abandoned branch line between Holborn and Aldwych. **4.00** Tim and Siddy visit North End under Hampstead Heath.
5.00 **Whatever Happened to the Likely Lads?** Four episodes.
7.35 **Whatever Happened to the Likely Lads?** On the eve of his wedding, Bob turns down the chance of going on a drunken rampage in favour of a night in. **8.15** Bob tries to broaden Terry's social circle by inviting him to a trendy dinner party. **8.55** Terry helps Bob move his most treasured possessions. **9.35** Bob and Terry decide to chat up a couple of girls. **10.15** Mrs Chambers plans her daughter's wedding.
10.55 PM **to 6.00** AM **Whatever Happened to the Likely Lads?**

+1hour 266 376

ID

154 140 166

8.00 AM **Twisted Sisters**
12.00 NOON **Still a Mystery**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **The Perfect Murder**
7.00 **Evil Online** The case of 30-year-old US Airways employee Nikki McPhatter, who was shot dead by Theodore Manning in May 2009. **8.00** The case of musician Ray Merrill, who thought he had found his dream woman through a dating website, but money started to go missing as the romance heated up.
9.00 **True Conviction** A look into the murder of Roxann Jeeves and her five-year-old son.
10.00 **On the Case with Paula Zahn** The abduction of a young girl.
11.00 **Feds** A Special Agent discovers real doctors are over prescribing deadly opioids.
12.00 M'T **Murder Under the Friday Night Lights** Double bill.
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Bangla Bangers**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers** Mike Brewer searches for a Dodge Charger.
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only**
9.00 **Mike Brewer: Born Dealer** Mike Brewer shares a sneak peek into life at his dealership.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** Small-tyre racers local to Oklahoma race for $5,000.
1.00 AM **Richard Hammond's Workshop** A classic mini.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
8.45 **Love Me** Drama with Steven Yeun. (2024, 15, 91min)
10.25 **Lurker** Crime drama. (2025, 15, 100min)
12.10 PM **Normal** As 8.00pm.
1.45 **Mortal Kombat II** As 11.35pm.
3.45 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★
5.30 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★

5.30 Wicked: For Good

8.00 **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Heretic** Horror starring Hugh Grant. Two young missionaries are forced to prove their faith when they knock on the wrong door and are greeted by the diabolical Mr Reed. (2024, 15, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban and Adeline Rudolph. (2024, 15, 116min) ★★★
1.35 AM **Primate** Horror starring Johnny Sequoyah, Jessica Alexander and Victoria Wyant. (2025, 18, 92min) ★★★
3.15 **Redux Redux** Aadventure starring Michaela McManus. (2025, 15, 109min) ★★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Box Set

303 303 403 503 517

7.10 AM **Transformers** Adventure. (2007, 12, 144min) ★★★★
9.35 **Transformers: Revenge of the Fallen** (2009, 12) ★★★
12.05 PM **Transformers: Dark of the Moon** Adventure sequel. (2011, 12, 154min) ★★★
2.40 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
5.25 **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★

8.00 Bumblebee

8.00 **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. A teenager discovers and revives the battle-scarred Autobot Bumblebee in a junkyard. With Jorge Lendeborg Jr and Jason Drucker. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Clash of the Titans** Fantasy adventure starring Sam Worthington. Young demigod Perseus goes on a quest to defeat a terrifying sea monster. (2010, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
1.40 AM **Peter Rabbit** Comedy. (2018, PG, 95min) ★★★
3.20 **Peter Rabbit 2: The Runaway** Adventure sequel. (2021, U, 93min) ★★★
4.55 **to 7.25** AM **Wonder Woman** Adventure starring Gal Gadot. (2017, 12, 121min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **A Good Person** Drama. (2022, 15, 129min) ★★★★
9.20 **The Breakfast Club** (1984)
11.05 **A League of Their Own** Drama. (1992, PG, 124min) ★★★★
1.20 PM **Moneyball** Sports drama starring Brad Pitt and Jonah Hill. (2011, 12, 133min) ★★★★
3.40 **Wuthering Heights** Romantic drama starring Margot Robbie. (2026, 15, 136min) ★★★★
6.00 **True Grit** Western starring Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★
8.00 **Legends of the Fall** Drama with Brad Pitt. The three sons of a retired colonel come into conflict when they meet a woman. (1994, 15, 133min) ★★★★
10.25 **Joker: Folie à Deux** Musical starring Joaquin Phoenix and Lady Gaga. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated. (2024, 15, 138min) ★★★★
12.50 AM **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★
2.40 **Turn Me On** Fantasy comedy. (2024, 15, 99min) ★★★
4.35 **to 6.25** AM **Cat Ballou** Western starring Jane Fonda. (1965, PG, 96min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Zombie Town** As 1.25am.
8.15 **The Front Room** As 5.05am.
9.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
11.50 **Mars Attacks!** Sci-fi comedy. (1996, 12, 106min) ★★★★
1.40 PM **Van Helsing** Adventure. (2004, 12, 132min) ★★★
4.05 **Ghostbusters II** Action comedy sequel starring Bill Murray. (1989, PG, 99min) ★★★
6.00 **Ghostbusters** Fantasy comedy starring Melissa McCarthy. (2016, 12, 113min) ★★★
8.00 **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long prehistoric shark. (2018, 12, 113min) ★★★
10.00 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
11.50 **47 Metres Down** Horror thriller. (2017, 15, 89min) ★★★
1.25 AM **Zombie Town** Comedy horror. (2023, 12, 92min) ★★
3.00 **The Chronicles of Riddick** Adventure sequel starring Vin Diesel. (2004, 15, 119min) ★★★
5.05 **to 6.50** AM **The Front Room** Thriller with Brandy Norwood. (2024, 15, 94min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **Annie** (2014, PG) ★★★
8.40 **Charlotte's Web** (2006) ★★★
10.20 **The Smurfs** (2011, U) ★★
12.05 PM **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
1.55 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
4.20 **Journey 2: The Mysterious Island** (2012, PG) ★★★
6.00 **The Lord of the Rings: The Fellowship of the Ring** Fantasy starring Elijah Wood. (2001, PG, 178min) ★★★★★

6.00 The Lord of the Rings

The Lord of the Rings: Fellowship of the Ring (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Karate Kid** Martial arts adventure sequel starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. With Noriyuki 'Pat' Morita and Elisabeth Shue. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio, Noriyuki 'Pat' Morita and Tamlyn Tomita. (1986, PG, 113min) ★★
1.05 AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
3.00 **The Karate Kid** Family drama. (2010, PG, 140min) ★★★
5.20 **to 7.05** AM **Karate Kid: Legends** Drama sequel. (2025, 12, 94min) ★★★

Sky Cinema Action

306 306 407 507 521

7.25 AM **The Italian Job** Thriller. (2003, 12, 110min) ★★★
9.20 **Hellboy II: The Golden Army** Fantasy. (2008, 12) ★★★★
11.25 **Gladiator II** Historical drama. (2024, 15, 148min) ★★★
1.55 PM **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
4.20 **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
6.25 **Normal** Action comedy. (2026, 15, 91min) ★★★★

6.25 Normal

8.00 **Spider-Man** Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst and Willem Dafoe. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Lost City of Z** Drama telling the story of explorer Percy Fawcett, who went in search of a city in the 1920s, starring Charlie Hunnam. (2016, 15, 141min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
2.35 **The Internship** Crime thriller. (2026, 15, 87min)
4.15 **Rumble in the Bronx** Comedy. (1996, 15, 89min) ★★★
5.55 **to 7.55** AM **Novocaine** Action comedy starring Jack Quaid. (2024, 15, 80min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **The Brothers Grimsby** Comedy. (2016, 15, 83min) ★★
8.20 **Zoolander** As 3.50am.
10.00 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
12.00 NOON **Logan Lucky** (2017)
2.00 PM **Central Intelligence** Comedy. (2016, 12) ★★★
4.00 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
6.00 **Beetlejuice Beetlejuice** Fantasy comedy sequel. (2024, 12, 105min) ★★★★

8.00 Hitch

8.00 **Hitch** Comedy with Will Smith. A smooth-talking man forges a career as a professional 'date doctor', offering advice to lonely single guys – but when he falls in love, he discovers his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Witches of Eastwick** Comedy fantasy about three man-hungry women who conjure up the Devil, starring Jack Nicholson, Cher and Susan Sarandon. (1987, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Logan Lucky** Comedy. (2017, 12, 114min) ★★★★
2.00 AM **Central Intelligence** Comedy with Dwayne Johnson. (2016, 12, 107min) ★★★
3.50 **Zoolander** Comedy. (2001, 12, 89min) ★★★★
5.25 **to 7.05** AM **The Cable Guy** Comedy starring Jim Carrey. (1996, 12, 96min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Cinema List: Trapped**
7.00 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
9.10 **Jaws 2** Adventure sequel. (1978, PG, 115min) ★★★
11.15 **Jaws 3** Adventure sequel. (1983, 12, 99min) ★★
1.10 PM **Clear and Present Danger** Thriller. (1994, 12) ★★★
3.40 **The Accountant** Thriller. (2016, 15, 123min) ★★★
6.00 **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★

6.00 Juror #2

8.00 **Lethal Weapon** Action thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a drugs gang. With Gary Busey and Darlene Love. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Lethal Weapon 2** Action thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. (1989, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Basic Instinct** Thriller starring Michael Douglas. (1992, 18, 128min) ★★★★
2.15 **Dirty Harry** Police thriller starring Clint Eastwood. (1971, 15, 103min) ★★★★★
4.05 **to 6.00** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **PAW Patrol: The Movie** Animation. (2021, U) ★★★
12.40 PM **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
2.45 **Mr Hobbs Takes a Vacation** Comedy. (1962, U, 110min) ★★
5.00 **10 Things I Hate About You** Comedy starring Julia Stiles. (1999, 12, 97min) ★★★★
6.50 **The League of Extraordinary Gentlemen** Fantasy adventure. (2003, 12, 110min) ★★

9.00 Twister

The League of Extraordinary Gentlemen (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Twister** Disaster movie starring Helen Hunt and Bill Paxton as an estranged married couple of meteorologists who reunite to chase tornadoes across the American Midwest. With Jami Gertz. (1996, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Beast** Action thriller starring Idris Elba, Sharlto Copley, Leah Jeffries and Iyana Halley. A man and his teenage daughters are hunted by a huge rogue lion in the savanna. (2022, 15, 93min) ★★★
1.05 **to 3.15** AM **Monster Hunter** Fantasy adventure starring Milla Jovovich and Tony Jaa. (2020, 12, 103min) ★★★

+1hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

6.30 AM **The Angry Birds Movie** Animation. (2016, U) ★★★
8.10 **The Angry Birds Movie 2** Animated sequel. (2019, U) ★★★
9.50 **Dog Man** (2025, U) ★★★★
11.25 **Buffalo Kids** As 12.35am.
12.50 PM **Antz** Animated comedy. (1998, PG, 83min) ★★★
2.20 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
4.00 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
5.30 **Shaun the Sheep Movie** Animated comedy adventure. (2015, U, 85min) ★★★★
7.00 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
8.45 **Penguins of Madagascar** Animated comedy adventure. (2014, U, 88min) ★★★★
10.20 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12, 134min) ★★★★
12.35 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.00 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
3.30 **Super Charlie** Animation. (2025, PG, 82min)
4.55 **to 6.30** AM **Penguins of Madagascar** As 8.45pm.

Sky Cinema Greats

307 307 404 504 518

6.55 AM **Tootsie** Comedy drama. (1982, 15, 116min) ★★★★
8.55 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
11.05 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
12.50 PM **Arthur** Comedy starring Dudley Moore and Liza Minnelli. (1981, 15, 93min) ★★★★
2.30 **Flashdance** Adrian Lyne's drama. (1983, 15, 96min) ★★★
4.10 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
6.05 **Grease 2** Musical sequel starring Maxwell Caulfield. (1982, PG, 109min) ★★
8.00 **Terms of Endearment** Oscar-winning comedy drama starring Shirley MacLaine, Debra Winger and Jack Nicholson. (1983, 15, 132min) ★★★★★
10.20 **Escape to Victory** World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111min) ★★★
12.30 AM **Fatal Attraction** Thriller starring Michael Douglas. (1987, 15, 120min) ★★★★
2.40 **The Krays** Crime drama starring Martin and Gary Kemp. (1990, 18, 119min) ★★★
4.50 **The Cinema List: Remakes**
5.20 **to 7.10** AM **Flashdance** (1983)

Disney+ Cinema

305 305

6.00 AM **Finding Nemo** Animated family comedy adventure. (2003, U, 104min) ★★★★★
7.50 **The Lion King** Animation. (2019, PG, 118min) ★★★
9.20 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
11.05 **Frozen** Animated musical featuring the voice of Kristen Bell. (2013, PG, 108min) ★★★★
12.50 PM **WALL-E** As 4.05pm.
2.30 **Hercules** Animated musical. (1997, U, 92min) ★★★★
4.05 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★
5.45 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
7.25 **Monsters, Inc** Animation with the voice of Billy Crystal. (2001, U, 95min) ★★★★★
9.00 **Deadpool & Wolverine** Fantasy sequel starring Ryan Reynolds. (2024, 15, 128min) ★★★★
11.10 **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
12.50 AM **28 Weeks Later** Horror sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
2.35 **The Amateur** Action thriller. (2025, 12, 126min) ★★★★
4.40 **to 6.00** AM **Pocahontas** Animated historical adventure. (1995, U, 81min) ★★★

Movies 24

312 313 419

7.00 AM **Following Yonder Star** Drama. (2024, PG, 84min) ★★
9.00 **The Snow Must Go On** Festive drama. (2025, PG, 90min) ★★
11.00 **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
1.00 PM **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
3.00 **Eat, Love, London** Romantic drama starring Georgia May Foote. (2024, PG, 90min) ★★
5.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
7.00 **Polar Opposites** Drama with Rhiannon Fish. A woman sneaks on board a cruise ship to go in search of her penguin researcher father in Antarctica. (2025, PG, 84min) ★★
9.00 **Mystery Island: House Rules** Drama starring Elizabeth Henstridge and Charlie Weber. (2024, PG, 84min) ★★
11.00 **Love's Playlist** Romantic comedy. (2023, PG, 85min) ★★
1.00 AM **Falling In Love In Niagara** Drama starring Jocelyn Hudon. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Something New: A Teagarden Mystery** Drama. (2023, U, 87min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 16/39. (S1)
6.35 **Tomorrow at Ten** Thriller. (1964, b/w, PG, 78min) ★★
8.15 **Dial 999** 11/39. (S1)
8.45 **Paratrooper** War adventure. (1953, PG, 88min) ★★
10.30 **Z Cars** 5/31. (S10)
11.30 **Crow Hollow** Mystery thriller. (1951, b/w, PG, 69min) ★★
12.50 PM **What's on TPTV with Noel**
1.00 **Richard the Lionheart** (S1)
1.35 **The Green Man** Comedy thriller. (1956, b/w, PG, 76min) ★★★
3.10 **Confession** Crime thriller. (1955, b/w, PG, 90min) ★★
5.00 **Cinebox Memories**
5.05 **Doctor in the House** Comedy with Dirk Bogarde and Kenneth More. (1954, U, 91min) ★★★
6.55 **Cycling Proficiency** Short film.
7.00 **The Footage Detectives**
8.00 **Maigret** 1/6. (S4)
9.50 **The Saint: The Fiction Makers** Adventure starring Roger Moore. (1968, U, 102min) ★★
11.55 **Murders in Hossegor** Crime drama starring Xavier Deluc. (2017, 15, 91min) ★★
1.55 AM **Poldark** Historical drama. (1996, PG, 102min) ★★
4.05 **Men Against the Sea**
4.25 **The Veil** 2/12. (S1)
5.00 **to 6.00** AM **Railway Murders**

8 PM
9 PM
10 PM
11 PM

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **The Hundred** **Welsh Fire v Southern Brave.** Coverage of the match in the women's competition staged at Sophia Gardens, Cardiff. This meeting last year went down to the wire as the visitors won the game by three wickets. The Fire could only make 111-6 in their innings before the Brave reached their target with just one ball to spare. Start-time is at **3.00pm**.
6.00 **Sky Sports News**
6.30 LIVE **SPFL** **Celtic v Dundee.** Coverage of the Scottish Premiership match staged at Celtic Park, as the champions get their campaign underway. Kick-off at **7.30pm**.
10.15 LIVE **WTA & ATP Tennis** Day two of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **FNF** West Ham Utd v Chelsea.
1.30 **SNF** Chelsea v Liverpool. **2.00** Highlights from Tottenham Hotspur v Chelsea.
2.30 **Premier League Highlights** Manchester City v Chelsea.
3.00 **SNF** Chelsea v West Ham Utd.
3.30 **Premier League Highlights** Chelsea v Tottenham Hotspur.
4.00 **SNF** Brentford v Chelsea.
4.30 **Premier League Highlights** Action from Everton v Brentford. **5.00** Brentford v Sunderland.
5.30 **SNF** Newcastle United v Brentford.
6.00 **Premier League Highlights** Action from Burnley v Brentford. **6.30** Brentford v West Ham Utd.
7.00 **The Transfer Show**
8.00 **Premier League Review**
9.00 **Transfer 360** Double bill.
10.00 **City: PL Champions Again**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.30 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 2018 play-off finals.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Another chance to see Aston Villa v Manchester United in the 2010 final.
12.00 NOON **EFL Highlights** Action from the 2021/22 play-off finals.
3.00 PM **EFL Cup Highlights**
4.00 **EFL: The Play-Offs at 40**
5.30 **SPFL Highlights**
6.15 **Martin O'Neill: Champion Again** A look at the 2025/26 Scottish Premiership season.
6.30 LIVE **SPFL** **Celtic v Dundee.** Coverage of the Scottish Premiership match staged at Celtic Park. The visitors finished eighth in the table last campaign as they finished three points behind local rivals Dundee United. Kick-off is at **7.30pm**.
10.15 **SPFL Highlights**
11.30 **Martin O'Neill: Champion Again**
11.45 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.30 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred** MI London v Manchester Super Giants in the women's competition.
9.15 **The Hundred Bitesize**
11.00 **Women's T20 World Cup**
11.30 **The Hundred Bitesize**
2.45 PM LIVE **The Hundred** **Welsh Fire v Southern Brave.** Coverage of the women's match at Sophia Gardens. This meeting last year went down to the wire as the visitors won the game by three wickets. Start-time is at **3.00pm**.
6.00 LIVE **The Hundred** **Welsh Fire v Southern Brave.** The men's match held at Sophia Gardens. The visitors won this game last season as they defended their total of 129-8 to win by four runs. Start-time is at **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see Welsh Fire v Southern Brave in the men's competition.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Welsh Fire v Southern Brave in the women's competition.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Hall or Nothing: Georgia's Story** The career of Georgia Hall.
7.00 **Women's Golf** Day four of the Women's Open Championship.
2.00 PM **PGA Tour Golf** Replay of day four of the Rocket Classic.
6.00 **Hall or Nothing: Georgia's Story** The career of Georgia Hall.
7.00 **PGA Tour Golf** Rocket Classic.
8.00 **Women's Golf** Women's Open.
9.00 **PGA Tour Golf** Highlights from day four of the Rocket Classic.
10.00 **Women's Golf** Day four of the Women's Open Championship.
11.00 **Legends Tour Golf** Irish Legends.
12.00 M'T **Women's Golf**
1.00 AM **Best of Open Zone 2024**
2.00 **to 6.00** AM **Women's Open Official Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA Tennis** Action from the Washington DC Open final.
8.00 **ATP Tennis** Action from the Washington DC Open final.
10.00 **WTA & ATP Tennis** Action from day one of the Canadian Open.
4.00 PM LIVE **WTA & ATP Tennis** Coverage of the second day of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event held in Toronto.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Shanghai Masters Snooker**
8.00 **World Rally Championship**
8.30 **TNT Sports Cricket Reload**
9.00 **Test Cricket Highlights**
10.00 **Roll the Tape** Fran Kirby.
10.15 **No Filter Football**
10.30 **World Rally Championship**
11.00 **UEFA Champions League** The draw for the play-offs.
11.15 **Champions League Goals**
11.30 **UEFA Europa League**
12.00 NOON **UEFA Europa League** The draw for the play-offs.
12.30 PM **UEFA Conference League**
1.00 **UEFA Conference League** The draw for the play-offs.
1.30 **Tour de France Women**
2.30 LIVE **Tour de France Women** Coverage from the third stage, a route from Geneve to Poligny.
5.45 **Playing for Our Future: Cycling**
6.00 LIVE **Ultimate Pool** Coverage of the Group Eight matches in the Champions League tournament.
9.30 **Premier League Stories**
10.00 **NWSL** Football highlights.
12.00 M'T **MLB Highlights**
1.00 AM LIVE **MLB** **Texas Rangers v San Francisco Giants.** Start-time is at **1.05am**.
4.00 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **Classic Premier League**
9.00 **UCI Mountain Bike World Series Review**
9.30 **UEC Mountain Bike European Championship** Action from races in Monteceneri, Switzerland.
10.30 **British Superbikes**
12.00 NOON **SailGP – Racing on the Edge** A look at SailGP's athletes.
12.30 PM **MLB Highlights**
1.30 **Test Cricket Highlights** West Indies v Pakistan in day one of the second Test of the series.
2.30 LIVE **Test Cricket** **West Indies v Pakistan.** Coverage of the second day of the second and final Test in the series at Queen's Park Oval in Trinidad and Tobago. The hosts are looking for their first Test series victory against Pakistan since 2000, a run that stretches back eight series.
11.00 **TNT Sports Cricket Reload**
12.00 M'T **World Series of Poker**
2.00 AM LIVE **World Series of Poker** Coverage from the opening day of the final table main event staged at Paris Las Vegas and Horseshoe Las Vegas.
5.00 **to 6.00** AM **UEC Mountain Bike European Championship**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Huddersfield Giants v Hull FC from 2025.
9.00 **Super League** A replay of St Helens v Leeds Rhinos in 2025.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize**
5.30 **Super League Highlights**
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show.
8.00 **NBA Basketball** Los Angeles Lakers v Golden State Warriors.
10.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
12.00 M'T LIVE **WNBA** **Atlanta Dream v Las Vegas Aces.** The inter-conference match from Gateway Center Arena in College Park. Tip-off **12.00m't**.
2.00 AM LIVE **WNBA** **Chicago Sky v Phoenix Mercury.** The inter-conference match at Wintrust Arena. Tip-off **2.00am**.
4.30 **Women's Super League**
4.45 **Super League Highlights**
5.45 **to 6.00** AM **Women's Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** A chance to see Toulouse Olympique v Castleford Tigers at Stade Ernest-Wallon.
10.15 **EFL Greatest Games** Wolverhampton Wanderers v Derby County from 2016.
10.30 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Day two of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments. Today will see the conclusion of the first round in both competitions. Jacob Fearnley was the only British male involved at this stage last year, and suffered an early exit to Argentinean qualifier Juan Pablo Ficovich. There were mixed fortunes for British representation in the women's competition, with Emma Raducanu booking her place in round two, but Katie Boulter being knocked out of the tournament.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Brisbane Open final.
9.00 **US Women's Open Golf**
10.00 **PGA Tour Golf** The Sony Open.
11.00 **WTA Tennis** Auckland Open.
12.00 NOON **My Icon**
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Highlights**
2.00 **Premier League Darts** A replay of the opening night of the season from Utilita Arena Newcastle.
5.45 **NFL Bitesize Highlights**
6.00 **Women's Golf** Day four of the Women's Open Championship.
7.00 **Zuffa Boxing** Highlights of Andres Cortes v Eridson Garcia.
8.00 **Super League** Hull Kingston Rovers v Leeds Rhinos highlights.
9.00 **British Kart Championships** The sixth round of the season.
10.00 **PGA Tour Golf** Action from all four days of the Rocket Classic.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
4.15 **Super League Highlights**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **The Taylor Years**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIV Golf** From Uttoxeter.
7.00 **SailGP Championship**
8.00 **Tour de France Women**
9.00 **Men's Cycling** Highlights.
10.00 **Men's Cycling Pro Series**
11.00 LIVE **Cycling** Stage one of the men's Tour of Poland, a 234km route from Gdynia to Koszalin.
3.45 PM **No Filter Football**
4.00 **Shanghai Masters Snooker**
6.00 **British Superbikes Highlights**
7.00 **WRC Review** Rally Finland.
8.00 **eSports Show** Latest news.
8.30 **Playing for Our Future: Cricket**
8.45 **The Gruppetto** Cycling news.
9.00 **Fishing: On the Bank**
10.00 **Tour de France Women**
11.00 **Men's Cycling** Tour of Poland.
12.00 M'T **UEC Mountain Bike European Championship**
1.00 AM **Formula E Flashback**
1.30 **SailGP – Racing on the Edge**
2.00 **Men's Cycling** Tour of Poland.
3.00 **Tour de France Women**
4.00 **to 6.00** AM **Snooker**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Replay of Collingwood Magpies v Geelong Cats. **7.30** A replay of Fremantle Dockers v Western Bulldogs. **9.00** Another chance to see St Kilda Saints v Sydney Swans.
10.30 **AFL** A replay of Hawthorn Hawks v North Melbourne Kangaroos. **12.00** NOON A replay of Port Adelaide Power v GWS Giants. **1.30** PM Another chance to see Carlton Blues v Brisbane Lions.
3.00 **AFL** A chance to see Richmond Tigers v West Coast Eagles. **4.30** Another chance to see Gold Coast Suns v Melbourne Demons. **6.00** A replay of Essendon Bombers v Adelaide Crows.
7.30 **MLB Highlights**
9.00 **UFC: The Ultimate Fighter**
10.00 **UFC Fight Flashback**
12.00 M'T **UFC** Medic v Rodriguez.
3.00 AM **UFC: The Ultimate Fighter**
4.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 APP 528

6.00 AM **LaLiga** Barcelona v Real Madrid in the 2022/23 season.
8.00 **DTM Motorsport Highlights**
9.00 **FIM Sidecarcross Championship** Latvia Grand Prix.
10.00 **Football** Real Betis v Lyon.
12.00 NOON **Champions Cup** A replay of Leinster v Toulon.
2.00 PM **Champions Cup** A replay of Bordeaux Begles v Bath.
4.00 **Champions Cup** A chance to see Leinster v Bordeaux in the final.
6.15 **Africa Eco Race**
6.30 **Sporting Countdowns**
7.00 **DTM Motorsport Highlights**
8.00 **Football** Real Betis v Lyon.
10.00 **LaLiga** Replay of Real Madrid v Barcelona from 2022/23.
12.00 M'T **United Rugby Championship** Glasgow Warriors v Connacht in the quarter-final.
2.00 AM **United Rugby Championship** A replay of Bulls v Munster in the quarter-final.
4.00 **to 6.00** AM **Coppa Italia**

Premier Sports 2

420 APP 529

6.00 AM **NHL Ice Hockey** Another chance to see Carolina Hurricanes v Vegas Golden Knights in game five of the Stanley Cup Finals.
8.00 **NHL: This is Hockey**
8.30 **EUT20 Belgium** Another chance to see Bruges v Brussels.
11.30 **EUT20 Belgium** Bruges v Ghent.
4.00 PM **Temples of Sport**
4.30 **Brasileiro Serie A** A chance to see Internacional v Flamengo.
6.30 **Brasileiro Serie A** A replay of Corinthians v Atletico Paranaens.
8.30 **Football's Greatest**
9.30 **Argentine Primera** A replay of Newell's v Boca Juniors.
11.30 **Temples of Sport**
12.00 M'T **NHL Ice Hockey** Another chance to see Carolina Hurricanes v Vegas Golden Knights in game five of the Stanley Cup Finals.
2.00 AM **NHL: This is Hockey**
2.30 **Football's Greatest**
3.00 **Coppa Italia** Inter Milan v Como.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights from the Australian Grand Prix. **7.00** The Chinese Grand Prix.
9.00 **British Kart Championships** The sixth round of the season.
10.00 **Formula 1** Another chance to see the Australian Grand Prix.
12.15 PM **Ted's Notebook**
12.45 **F1 Features**
1.00 **Formula 1** Another chance to see the Chinese Grand Prix.
3.20 **Ted's Notebook**
3.50 **F1 Features**
4.00 **Formula 1** Australian Grand Prix. **5.00** The Chinese Grand Prix at Shanghai International Circuit. **6.00** The Japanese Grand Prix.
7.00 **Ted's Notebook**
7.30 **Formula 1** Another chance to see the Australian Grand Prix.
9.45 **The Cornwall Air Ambulance**
10.00 **Formula 1** Australian Grand Prix. **11.00** The Chinese Grand Prix. **12.00** M'T Japanese Grand Prix.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

4 August

Planner

NEW

The Victorians with Rob Rinder and Ruth Goodman

DOCUMENTARY 5, 9pm

The duo team up again for three more historical explorations, starting with an in-depth look at the Victorian era to discover how railway mania affected the wealthy and the working classes.

NEW

Joe and David's Magical Sitcom Tour

DOCUMENTARY U&Gold, 9pm

In a show that blends travelogue, buddy comedy, and nostalgia, comics Joe Wilkinson and David Earl revisit the locations of three favorite sitcoms. They start with classic comedy *Porridge*, which starred Ronnie Barker and Richard Beckinsale. (Earl also pops up in Ricky Gervais' *Alley Cats* on Friday.)

The Price of Perfection

FACTUAL ITV2, 9pm (box set, ITVX)

Olivia Attwood returns to explore the world of plastic surgery, traveling from South Korea to Turkey to investigate cut-price operations, youthful facelifts, and the rise of weight-loss jabs.

NEW

The Salisbury Poisonings: A Spy Next Door

DOCUMENTARY Sky Documentaries, 9pm

Examining the Novichok attack on a former Russian spy, with contributions from ex-ministers and heads of security, including the then PM Theresa May (pictured) and Amber Rudd.

NEW

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 The Great British Sewing Bee		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: SunRisers Leeds Men v London Spirit Men (Start-time 6.30)					9.30 The Vampire Lestat...	10.15 It...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Inside The...	8.00 Emmerdale	8.30 Coronation...	9.00 Cold Case Forensics: A Death on the...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Hotel Chocolat Unwrapped		9.00 Celebrity Hunted		10.00 Gogglebox	
	105 5	7.00 The Yorkshire Vet: At Home with the...		8.00 Inside Longleat		9.00 The Victorians with Rob Rinder and Ruth Goodman			10.30 The Pile Up...
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Never Mind the Buzzcocks		10.00 The 'Burbs	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Survivor Australia			
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 To the Manor...	8.30 Keeping Up...	9.00 She-Wolves: England's Early Queens		10.00 Castles: Britain's Fortified History	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Olivia Attwood: The Price of Perfection		10.00 Family Guy	
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 Oti and Richard's South African Odyssey		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Below Deck Down Under		10.00 First Dates: Valentine's Special 2020	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Irish Blood		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.25 Heated Rivalry	7.30 True Detective: Night Country			9.00 Gomorrah: The Origins			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army: The Lost...	8.20 Are You Being Served?		9.00 Joe & David's Magical Sitcom Tour		10.00 Porridge	10.40 Not...
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 The Motorbike Show		8.00 World Rally Championship Highlights		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Film: Private Benjamin			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.35 Last of the Summer Wine		8.00 'Allo 'Allo!			9.35 New Tricks		
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 Allegiance		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Velazquez's Chili Pepper			9.15 Beyond the Brush		10.15 Wonderland: Gothic
	132 U&W	7.00 MasterChef Australia			8.20 Nigella: At My Table	9.00 Inside the Ambulance		10.00 One Born: Twins and Triplets	
DOCUMENTARY	125 DISCOVERY	7.00 Ant Anstead Master Mechanic				9.00 Bull Shark Dinner Bell		10.00 What Shark Attacked?	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Disaster Autopsy	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Engineers		9.00 History's Greatest Machines		10.00 Prison Chronicles	
	155 U&YESTERDAY	7.00 The Green Planet		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 Chernobyl: The Lost Tapes				9.00 The Salisbury Poisonings: A Spy Next Door			

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** A shipping container is full of stolen cars in Felixstowe. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** New edition From Cumbria. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Jacqui Joseph saves a massage bed and a dining set from the skip. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 The Great British Sewing Bee

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Ravi pushes Priya for answers about her mystery man, and Lauren tries her best to deflect Peter's questions. (S)(AD)

8 PM

8.00 **The Great British Sewing Bee** New edition 4/10. The sewers celebrate Mexican fashion, demonstrating their skills with a folkloric top, structural garments made from tablecloths and outfits inspired by festivals. (S)

9 PM

9.00 **Murder 24/7** New edition 5/8. The first of a two-part investigation into the 2025 murder of 54-year-old Hereford man Jamie Gawler, found in his flat having being beaten to death. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Robin Hood** Ridley Scott's adventure telling the story of how Robin Hood became an outlaw, starring Russell Crowe and Cate Blanchett. Returning home after years of fighting in the Crusades, humble archer Robin Longstride takes on the identity of a dead knight, Sir Robert Loxley, and finds himself urged to keep up the pretence by the dead man's father and widow in order to protect their estate. (S)(AD) (2010, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Quiz show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **LIVE Cricket: The Hundred** SunRisers Leeds v London Spirit: Coverage of the women's match staged at Headingley, Leeds. The SunRisers claimed an eight-wicket victory when these teams met at Lord's in last season's competition, with Phoebe Litchfield's 55 not out from 38 balls proving to be decisive and earning her the player of the match award. Start-time is at 3.00. (S)

9.30 The Vampire Lestat

7 PM

6.00 **LIVE Cricket: The Hundred** SunRisers Leeds v London Spirit: Coverage of the men's match at Headingley in Leeds. Zack Crawley top-scored for the former Northern Superchargers with 55 not out from 38 balls, as he inspired his team to an eight-wicket win over today's opponents at Lord's in last season's competition. The Leeds-based outfit went on to reach the Eliminator, but the contest was rained off, with Trent Rockets advancing at their expense due to having a better position in the round-robin stage. Start-time is at 6.30. (S)

8 PM

9.30 **The Vampire Lestat: Interview with the Vampire** New episode *Toledo:* 2/7. An illicit old ally of Lestat's boards the band's tour bus. (S3) (S)
■ Entire series on BBC iPlayer

9 PM

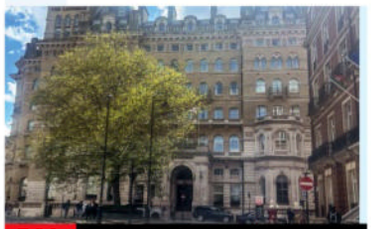
10 PM

10.15 **It Happened to Me: I Was Jailed in Japan for Ketamine** New edition 2/6. A British woman whose ketamine addiction led her to spend time in a Japanese prison. (S)
10.30 **Newsnight** (S)
11.05 **FILM The Last Bus** Drama with Timothy Spall and Phyllis Logan. A pensioner travels from John O'Groats to Land's End using his free bus pass, becoming a social media celebrity along the way. (S) (2021, 12, 85min) ★★★
12.30 AM **Sign Zone: Uncanny** Supernatural encounters. (S)(R)
1.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** A mix of celebrity chat and lifestyle features. (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team of experts are in Crewe, where Fay Rutter assesses some timepieces and Stewart Hoffgartner spies a gem in a boy's toy collection. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as a contestant tries to open the 22 red boxes in the right order. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)


7.30 Inside The Langham

7 PM

7.30 **Inside The Langham: Britain's First Grand Hotel** New edition 3/6. The CEO arrives in London from head office in Hong Kong to inspect one of the hotel's most ambitious renovations yet – a vast new terrace. (S)(AD)

8 PM

8.00 **Emmerdale** Nicola makes a worrying discovery, and Noah is pensive about breaking news. (S)(AD)
8.30 **Coronation Street** Dylan has a confrontation with Brody, and Ross changes his story about Cassie. (S)(AD)

9 PM

9.00 **Cold Case Forensics: A Death on the Nile** New edition 2/3. Forensic scientist Dr Angela Gallop and her team investigate the sudden death of a British solicitor while on a romantic holiday in Egypt. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (S) (2003, 15, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **The Summit** 2/8. After the group endure a gruelling eight-hour uphill hike weighed down by prize money, the Mountain's Keeper presents them with a dilemma. (S)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family: Born Without Trace** (S)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 4-7/24. (S4) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Andalucia, Spain. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** A couple work to transform a house in the Cotswolds into a sauna. (S)(R)(AD)
5.00 **Chateau DIY** Trish tries to rebuild a bridge over a stream with no DIY experience. (S)(R)(AD)
6.00 **American Pickers** Mike Wolfe and Frank Fritz discover a fleet of amazing concept cars. (S)(R)(AD)

8.00 Hotel Chocolat Unwrapped

7 PM

7.00 **News** (S)

8 PM

8.00 **Hotel Chocolat Unwrapped** New edition Chocolatier Yodi dreams up some limited edition drinking chocolate flavours, while founder Angus pulls out all the stops during the countdown to the opening of the Chicago store. (S)(AD)

9 PM

9.00 **Celebrity Hunted** New edition Two of the fugitives drop in on a celebrity colleague, while another pair risk going on TV to promote their new show – will they be nabbed live on air? (S)(AD)
■ Entire series on C4 streaming

10 PM

10.00 **Gogglebox** The critics' views of *Game of Wool: Britain's Best Knitter*, *The Celebrity Traitors*, *Trigger Point*, *Hunted*, *Squid Game: The Challenge* and *Hamza's Hidden Wild Isles*. (S)(R)(AD)
11.05 **Secret Lives of Gypsy Wives** The family host Bonfire Night in memory of their dad. (S)(R)(AD)
12.05 AM **Naked Attraction** (S)(R)(AD)
1.05 **Ramsay's Hotel Hell** (S)(R)(AD)
1.55 **FILM Breakthrough** Fact-based drama starring Chrissy Metz. (S) (SL) (2019, 12, 115min) ★★
3.50 **Couples Come Dine with Me** (R)
4.45 **The Piano** (S)(SL)(R)(AD)
5.40 **Find It, Fix It, Flog It** (S)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.15 FILM **A Murder in Venice** Thriller starring Sophie Hopkins. (S) (2023, PG, 105min) ★★
4.00 **Castle** *Private Eye Caramba!:* 12/23. Beckett and her team investigate the murder of a TV actor. (S7) (S)(R)
4.55 **Love Nature** From Eryri National Park in North Wales. (S)(R)
5.00 **5 News with Dan Walker** (S)
6.00 **Majorca: A Year in the Sun** Cameras focus on Majorca as a hub for superyachts, and a former chef who runs a luxury catering company. (S)(R)
6.55 **News** (S)

8.00 Inside Longleat

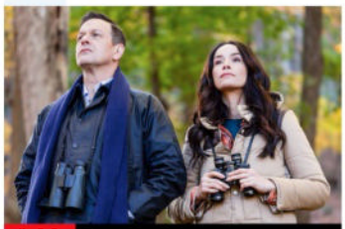
7.00 **The Yorkshire Vet: At Home with the Greens** Jean sees her farm from above when Peter Wright takes her on a helicopter ride, while the Greens get a visit from an estate agent. (S)(R)
7.55 **News** (S)
8.00 **Inside Longleat** New edition Dr James Ford visits the Tower of London to find out why Lord and Lady Bath's ancestor Sir John Thynne was nearly executed there not once, but twice. (S)
9.00 NEW SERIES **The Victorians with Rob Rinder and Ruth Goodman** The pair team up to discover how some of history's most famous events were experienced by the rich and the poor, starting with the Victorian railway boom. (S)
10.30 **The Pile Up: Death on the Motorway** An analysis of one of the worst motorway crashes in British history, which took place in November 2011, when 34 vehicles were involved a pile-up. (S)(R)
12.05 AM **The Cannibal Next Door** The story of notorious cannibal Armin Meiwes. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** A man who's been experiencing allergic reactions. (S)(R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** 4&5/24. (S9) (S)(R)
4.30 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cat Country** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S8) (S)(R)(AD)
5.00 **The Simpsons** *Bart Gets Hit by a Car:* Bart is knocked down by Mr Burns' car. (S)(R) **5.30** *Bart Gets an F:* Bart risks being held back a year. (S)(R)
6.00 **Animal Control** 8/10. Frank and Victoria host a wild party at Fiona's mansion to get back at her. (S)(R) **6.30** 9/10. Frank and Victoria make an appeal to an unlikely acquaintance. (S3) (S)(R)



8.00 Best Medicine

7.00 **The Simpsons** *One Fish, Two Fish, Blowfish, Blue Fish:* Homer fears he has only 24 hours to live. (S)(R) **7.30** *The Way We Was:* Marge recalls how she met Homer. Featuring the guest voice of Jon Lovitz. (S)(R)
8.00 **Best Medicine** New episode *Port Wenn-Ings and a Funeral:* 10/13. Martin invites Louisa to watch the annual bird migration over Port Wenn, and treats an elderly woman with hallucinations. (S1) (S)
9.00 **Never Mind the Buzzcocks** Comedy music quiz hosted by Greg Davies with Mel Blatt, Betty Boo, Tom Davis, Keith Duffy and Shane Lynch joining Noel Fielding and Jamali Maddix. (S)(R)(AD)
10.00 **The 'Burbs** *Mind Your Own Business:* 2/8. Samira becomes convinced her new neighbour is up to no good – and possibly involved in a crime. (S1) (S)(R)(AD)
11.00 **Animal Control** (S3) (S)(R)
12.00 M'T **Grimm** 5/13. Nick, Hank and Wu investigate a murder in a local park. (S6) (S)(R)
1.00 AM **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.00 **Road Wars** American officers demonstrate how to stop a stubborn motorcyclist. (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.50am** Scotcast (S)(R) **1.20** Weather for the Week Ahead (S) **1.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm House of the Year (S)(R) **11.10** FILM Robin Hood (S)(AD) (2010, 12, 130min) ★★★ **1.20-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **10.00** Blociau Lliw **10.05** Twm Twrch **10.15** Help Llaw **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.00** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.15** Y Babell Lên New edition **10.45-11.50pm** Iaith ar Daith

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve has an encounter with a giant boa. **7.30** The team track down the harpy eagle.
8.00 **Top Gear** The trio test high-performance hatchbacks.
9.00 NEW SERIES **Survivor Australia** 1/24. The reality show returns to its original setting in Samoa, reuniting memorable contestants. **10.30** New edition 2/24. There is a distinct difference between the two Tribes, as the Heroes live in solidarity, while the Villains struggle in the elements and are sent back to Tribal Council again. ■ Entire series on BBC iPlayer
11.50 **Confessions of a Steroid Gang** How a father and son built a drug empire. **12.20** AM As the lab starts to thrive, greed creeps in. **12.50** The trust between the father and son is broken.
1.20 AM **Zara McDermott: Disordered Eating**
2.20 **to 3.55** AM **Kidnapped by My Mum**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo travels from Lincoln to York.
7.30 **Wainwright Walks** Julia Bradbury explores the work of Alfred Wainwright.
8.00 **To the Manor Born** First episode of the comedy.
8.30 **Keeping Up Appearances** Hyacinth plans a supper aboard a borrowed cruiser.
9.00 **She-Wolves: England's Early Queens** Helen Castor tells the story of Lady Jane Grey and Mary Tudor's battle to succeed to the English throne in 1553.
10.00 **Castles: Britain's Fortified History** Exploring how some castles were transformed into palaces.
11.00 **Corridors of Power: Should America Police the World?** Double bill.
1.00 AM **She-Wolves: England's Early Queens**
2.00 **Castles: Britain's Fortified History**
3.00 **to 3.30** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the contest in Dumfries and Galloway.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend are off to Huddersfield to rescue a 1992 VW Corrado. **6.50** Tim and Fuzz head off to Kent to rescue a 1973 Dennis fire engine belonging to a firefighter.
7.55 **Grand Designs** Kevin McCloud follows a couple as they transform a neglected half-acre site in Gloucestershire. With 27 protected trees on the plot, their solution is to build a modern treehouse.
9.00 **Oti and Richard's South African Odyssey** New edition 3/4. Oti and Richard meet a community of African penguins and watch a display of the Khoisan people's dance traditions.
10.00 **24 Hours in A&E** A tree surgeon is rushed in after a fall, and doctors fear he may have injured his spine.
11.05 **24 Hours in A&E** A 22-year-old is rushed in with stab wounds to his face.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Newcastle.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Dog disasters.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Triple bill.
6.30 **Hollyoaks** A resident voices their true feelings. **7.00** A resident may have something to hide.
7.30 **The Simpsons** *The Burns Cage:* Homer tries to find Smithers a boyfriend.
8.00 **Vanderpump Rules** New edition Audrey cosies up to bartender Chris.
9.00 **Below Deck Down Under** New edition Harry wants to reignite things with Bri.
10.00 **First Dates: Valentine's Special 2020** Singletons hope to find love.
11.00 **Naked Attraction**
12.05 AM **Gogglebox**
1.05 **Vanderpump Rules**
2.10 **Below Deck Down Under**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **The Simpsons**
4.40 **The Goldbergs**
5.30 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

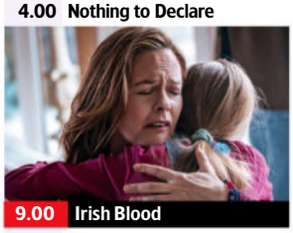
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 17/22. (S6)
12.00 NOON **FBI** 3&4/19. (S2)
2.00 PM **The Rookie** 5/22. John and Celina step up the hunt for a fugitive after a car accident goes awry. (S5)
3.00 **Law & Order: Criminal Intent** 4/16. A talented ballerina is killed. (S9)
4.00 **Nothing to Declare**


9.00 Irish Blood

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Irish Blood** *Turbo:* 6/6. Fiona races to expose the truth behind the sabotage of a car rally and its tragic consequences. (S1)

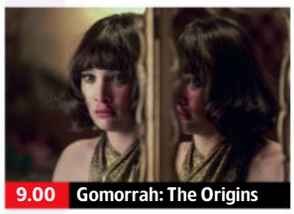
10 PM
10.00 **Blue Bloods** *Nothing Sacred:* 9/21. Frank and Joe contend with an insult to the memory of Joe's father. (S13)
11.00 **The Rookie** 1/22. (S5)
12.00 M'T **FBI** 17&18/22. (S1)
2.00 AM **Fire Country** New episode 6/20. (S4)
3.00 **The Force: Manchester**
4.00 **Road Wars**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 5&6/12. (S4)
10.20 **Task** 6&7/7. (S1)
12.50 PM **Homicide: Life on the Street** 12&13/22. (S4)
3.00 **Billions** 5/12. Axe is surprised by a visitor from his past. **4.10** 6/12. Taylor pursues a new business venture. (S4)
5.20 **Heated Rivalry** Two ice hockey players face an unexpected connection, challenging their professional paths. **6.25** Shane and Ilya keep their secret fling alive. (S1)


9.00 Gomorrah: The Origins

7.30 **True Detective: Night Country** 6/6. As the truth about what happened to Annie and the Tsalal men unfolds, Navarro and Danvers each confront the demons from their past. (S4)

9.00 **Gomorrah: The Origins** New episode 3/6. Italian crime drama prequel set in 1997 Naples, starring Luca Lubrano. Subtitled.

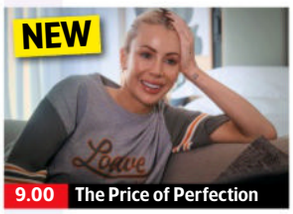
10.00 **Gomorrah: The Origins** New episode 4/6. Italian drama prequel set in 1997 Naples. Subtitled. (S1) ■ Entire series on Box Sets
11.00 **Prisoner** 6/6. Amber's plan is put in jeopardy as a game of cat and mouse unfolds. (S1)
12.00 M'T **True Detective: Night Country** 1–3/6. (S4)
3.35 AM **Billions** 5/12. (S4)
4.35 **Sort Of** 6/8. (S2)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Orange...**
9.20 **The Only Way Is Essex**
10.15 **Dawson's Creek** 2/13. (S1)
11.10 **Charmed** 2/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**



9.00 The Price of Perfection

7.00 **The Floor USA** New edition The most iconic duo of the fourth series go head-to-head.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 NEW SERIES **Olivia Attwood: The Price of Perfection** 1/6. Exploring Generation Z's obsession with cosmetic surgery.

10.00 **Family Guy** 7/16. Bonnie gives birth to a baby girl. **10.30** 8/16. Peter takes part in a series of medical tests to make money. (S7)
11.05 **Family Guy** 5/12. Part two of two. Lois returns to identify her would-be killer. (S6)
11.35 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 1/8. (S3)
1.55 **Deep Fake Neighbour Wars**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot** *The Adventure of Johnnie Waverly.*
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *For Death Prepare:* A dead body is found in a theatre.
3.35 **Classic Emmerdale**
5.15 **Classic Coronation Street**
5.50 **Heartbeat** *Sympathy for the Devil:* Mike gets involved in the troubles of a newcomer and her unruly daughter.

5.15 Classic Coronation Street

6.55 **Heartbeat** *Coming of Age:* Nicholson delays his 21st-birthday celebrations to join Bellamy in pursuit of two armed criminals.

8.00 **Vera** *Dark Road:* DCI Stanhope investigates when a body is found on the Northumberland moors, and discovers the victim was a controversial figure with a complicated relationship with her family and a number of well-hidden secrets.

10.00 **Grantchester** 5/6. Will gets a phone call revealing his father has got himself into some trouble, so he asks Geordie for help. (S4)
11.00 **Grantchester** 6/6. A curious case unfolds concerning the mysterious murder of a Teddy Boy at a dance hall. (S4)
11.50 **Trial & Retribution** 4/10. The death toll increases. (S10)
1.25 AM **Wycliffe** 1/6. (S5)
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Professionals**
11.25 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *Heroes:* A visiting American senator is assassinated in broad daylight.
5.55 **Minder** *The Old School Tie:* Terry gives shelter to a friend who has broken out of prison, which costs Arthur dearly.

5.55 Minder

7.00 **The Motorbike Show** Henry Cole joins the Harley Owners Group and embarks on his quest for land speed record glory.

8.00 **World Rally Championship Highlights** Action from the Rally Finland, based around Jyväskylä.

9.00 **Ice Road Truckers** Alex Debogorski's trailer becomes detached in the wilds of Manitoba.

10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** 2/2. Startling revelations about the troubled mind of Chris Benoit before he killed his wife and son and took his own life.
12.55 AM **Minder**
1.55 **BattleBots**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton explores the Borders town of Hawick.
8.00 **This Farming Life** Andy and Jo harvest their crops after challenging year.
9.00 **The Three Kings** The story of how Matt Busby, Bill Shankly and Jock Stein grew up within 30 miles of one other and went on to become three of the most influential men in football history.
10.45 **Scotcast** Discussion on Scotland's news stories.
11.15 **Our Lives: Stone Strong** A look at Scotland's ancient tradition of stone lifting.
11.45 PM **to 12.00** M'T **Loop** Featuring *Great Pottery Throwdown* winner AJ Simpson.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 5&6/8. (S2)
10.00 **The Chair Company**
11.15 **Will & Grace** (S7)
12.15 PM **Avenue 5** (S2)
1.30 **The Chair Company**
2.45 **Will & Grace** (S6)
3.45 **Hacks** 6&7/10. (S5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 15/19. Dwight and Michael pay a surprise visit to Ryan in New York. **7.30** 16/19. Michael tries to change Stanley's attitude after being snapped at. (S4)
8.00 **The Reluctant Landlord**
9.00 FILM **Seven Psychopaths** Dark comedy thriller. (2012, 15, 106min) ★★★★
11.00 **Hacks** 6&7/10. (S5)
12.20 AM **Hitmen** (S1)
1.20 **Community** (S1)
2.15 **The Chair Company**
2.50 **Upright** 3&4/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM's Rising Stars with Julian Lloyd Webber 2025**
7.00 **Bagpipes: A Celebration**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Velazquez's Chili Pepper** Documentary.
9.15 **Beyond the Brush**
10.15 **Wonderland: Gothic**
11.15 **The Movies**
12.15 AM **I Am Steve McQueen**
2.00 NEW SERIES **Voices of the Valleys**
3.00 **World War II & Cinema**
4.00 **Sky Arts Book Club**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 23/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *The Mind's Eye:* 24/26. Geordi becomes a ruthless killing machine. (S4)
8.00 **Police 24/7**
9.00 **FBI: International** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five family members from Ipswich take part in the quiz.
3.00 **Who Wants to Be a Millionaire?** Game show where contestants compete for a top prize of one million pounds.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Five family members take part.
1.50 **Riddiculous** Quiz.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun: Home or Away**
1.00 PM **A Place in the Sun**
3.00 **Celebrity Come Dine with Me** Five editions.
5.30 **A Place in the Sun**
7.00 **Grand Designs** A self-heating family home.
8.00 **The Dog House** A girl with Tourette's needs a special pup to stand by her side.
9.00 **Gogglebox** Compilation edition of highlights.
10.00 **Secret Lives of Gypsy Wives** The family host bonfire night for the estate in memory of their dad Sid.
11.05 **Surgery Secrets of the Super Rich**
12.05 AM **24 Hours in A&E**
1.05 **Big Fat Quiz: Best Bits**
2.05 **Naked Attraction**
3.10 **to 5.05** AM **Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 7&8/13. (S3)
4.00 **Stargate SG-1** 22/22. (S7)
5.00 **Star Trek: Voyager** 16/26. The Delta Flyer is captured by a Borg cube. (S6)
6.00 **Star Trek: Enterprise** 13/24. The ship encounters a vessel in the Delphic Expanse that could help locate an enemy superweapon. (S3)

9.00 Resident Alien

7.00 **Stargate Atlantis** *Travellers:* 5/20. Sheppard is captured by a race of human travellers. Guest stars Jill Wagner. (S4)

8.00 **Stargate SG-1** *Lost City – Part Two:* 22/22. Anubis launches an attack on Earth. (S7)

9.00 **Resident Alien** *The Wire:* 2/16. Harry has a plan to save Asta and himself, but he must first attend the sheriff's poker game. (S2)

10.00 **Grimm** *Bad Night:* 20/22. Nick worries he may lose everything as he continues to battle Black Claw. (S5)
11.00 **The Walking Dead** 10/16. Rick and his group encounter a mysterious collective while looking for an Alexandrian. (S7)
12.00 M'T **Resident Alien** 1/16. Harry struggles to hold on to his alien identity. (S2)
1.00 AM **Warehouse 13** (S3)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 13/22. (S5)
11.00 **Hudson & Rex** 10/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 13/22. (S5)
5.00 **Hudson & Rex** 10/16. Wealthy socialite Jennica Malouf is found dead on a golf course. (S6)
6.00 **Body of Proof** 4/9. Megan is filmed by Lacey while working on a gruesome case. (S1)

8.00 Death in Paradise

7.00 **Private Eyes** *Between a Doc and a Hard Place:* 7/18. A medical clinic is targeted in a series of break-ins. (S2)

8.00 **Death in Paradise** 2/8. A member of a survivalist commune is poisoned in a locked bunker. (S12)

9.00 **Allegiance** Series finale *Mercy's End:* 10/10. A dead body washes up on the beach. (S2)
■ Entire series on Box Sets

10.00 **Father Brown** *The Deserving Poor:* The cleric investigates when his old friend Blind 'Arry is arrested for murder.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 7/10. Frank and Lu investigate a missing person case. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.25 **Last of the Summer Wine**
11.45 **Going Straight**
12.25 PM **Only Fools and Horses**
1.05 **Keeping Up Appearances**
1.45 **Dad's Army: Lost Episodes**
2.25 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Going Straight**
4.20 **Dad's Army: Lost Episodes**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 Joe & David's Magical...

7.00 **Only Fools and Horses** The Trotters go on holiday together.
7.40 **Dad's Army: The Lost Episodes** Frazer and Jones vie for promotion.
8.20 **Are You Being Served?** Mr Grainger is deemed too long in the tooth to stay at Grace Brothers.

9.00 **NEW SERIES Joe & David's Magical Sitcom Tour** 1/3. A deeply personal tour of *Porridge*. *See feature, page 12.*

10.00 **Porridge** The inmates stage a mock trial.
10.40 **Not Going Out** Lee's attempt to impress Lucy quickly backfires.
11.20 **Colin's Sandwich**
12.00 M'T **Porridge** As 10.00pm.
12.40 AM **Not Going Out**
1.20 **Colin's Sandwich**
2.00 **Don't Wait Up**
2.45 **The Cleaner**
3.15 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein: From Venice to Istanbul** Culinary series.
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of America** Manhattan Island.
4.00 **Rick Stein: From Venice to Istanbul** Double bill.
6.00 **Hairy Bikers' Best of British** The nation's fishing industry.

9.00 Have I Got a Bit More...

7.00 **Mortimer & Whitehouse: Gone Fishing** From the wild lakes of Essex.
7.40 **Would I Lie to You?** With guests Patsy Kensit, Bob Mortimer, Greg Davies and Richard Osman.
8.20 With Jack Whitehall, Emily Maitlis, Jim Carter and Armando Iannucci.

9.00 **Have I Got a Bit More News for You** Jack Dee hosts the current affairs quiz, with guests Phil Wang and Sayeeda Warsi.

10.00 **QI XL** David Mitchell, Ronni Ancona, Jimmy Carr and Alan Davies attempt to answer Stephen Fry's questions.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Jeremy Clarkson.
2.50 **Richard Osman's House of Games** Quiz show.
3.35 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** The trio buy a car so they can get around more easily.
6.35 Inspired by an art event, the trio take up photography.

8.00 'Allo 'Allo!

7 PM
7.15 **Last of the Summer Wine** Compo's lucky rabbit's foot causes problems, and Sid tries his best to avoid Ivy.

8 PM
8.00 **'Allo 'Allo!** The Resistance plan to hide stolen money down Rene's trousers.
8.30 Rene gets rid of the money and tries to dispose of the microfilm.

9 PM
9.05 Alfonse is whisked to hospital with heart trouble after being interrogated.
9.35 **New Tricks** *Death of a Timeshare Salesman:* The squad reinvestigate the death of a timeshare magnate when new information from a call girl comes to light.

10 PM
10.55 **Luther** 2/6. A gunman begins murdering a series of uniformed police officers. (S1)
12.10 AM **Lovejoy** 2/10. (S1)
1.20 **Sister Boniface Mysteries**
2.25 **Hotel Portofino**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Immortals:* 4/23. A sailor's body is discovered in the sea wearing his dress whites.
7.00 *The Curse:* 5/23. A hunter stumbles upon the mummified body of a Navy lieutenant.
8.00 *High Seas:* 6/23. The team board an aircraft carrier to look into the deaths of two crewmen who appear to have overdosed. (S1)
9.00 **Law & Order: Special Victims Unit** *Constricted:* 4/22. A romantic date ends with a teenager fighting for her life. (S26)
10.00 **Law & Order: Special Victims Unit** (S18&17)
1.00 AM **Law & Order: Special Victims Unit**
2.00 **to 3.50** AM **Beauty and the Beast**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999 Killer on the Line** The story of former chef Robert Trigg, who was found guilty of killing two of his former girlfriends.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Surgeons: A Matter of Life or Death**
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Police Interceptors**
11.15 **Gunsmoke** (S12)
12.20 PM **FILM Copper Canyon** Western. (1950, PG, 84min) ★★
2.05 **FILM The Hangman** Western starring Robert Taylor and Tina Louise. (1958, b/w, U, 86min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 11/20. (S5)
12.00 M'T **Britain's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Property Brothers at Home** DIY series.
7.00 **Tipping Point**
10.00 **DIY SOS: Celebrating 20 Years** DIY series.
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home** DIY series.
5.00 **DIY SOS: Celebrating 20 Years** DIY series.
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Another 20 home cooks enter the MasterChef kitchen.
8.20 **Nigella: At My Table** Nigella Lawson prepares Turkish-inspired eggs.
9.00 **Inside the Ambulance** The West Midlands crews treat a pensioner whose heart rate is erratic.
10.00 **One Born: Twins and Triplets** Documentary.
11.00 **First Responders**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
3.00 **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow**
7.00 **The Green Planet** A guide to the world of plants that grow in water.
8.00 **Bangers & Cash: Restoring Classics**
9.00 **Bangers & Cash** Derek collects an Opel Manta.
10.00 **Bangers & Cash: Restoring Classics**
11.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Brendan Cole.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: Born Without Trace**
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** A collection of coins, toys and jewellery.
8.00 **Antiques Road Trip** Natasha Raskin Sharp goes head-to-head with James Braxton.
9.00 **Who Do You Think You Are?** With Olly Murs.
10.00 With comedian Chris Ramsey.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 5/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 9&10/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 9&10/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** Four episodes of the series, including at: **8.30** 17/22. Hawkeye decides to make a will when he is sent to the front line. (S10)
9.00 **Brush Strokes** 3/6. Jacko and Sandra call off their wedding plans. **9.40** 4/6. Jacko's love life is put on hold. (S3) **10.20** 5/6. Veronica is out to drag Jacko's name through the mud. (S3)
11.00 **Robin's Nest** (S3)
12.00 M'T **M*A*S*H** (S10)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art: The Hunt for Fabergé Eggs**
10.00 **Murder Maps**
11.00 FILM **Tomorrow We Live** Wartime drama. (1942, U, 87min) ★★
12.50 PM **The Unit** 12/13. (S1)
1.50 **Burn Notice** 11/16. (S2)
3.50 FILM **The Coldest Game** Espionage thriller. (2019, 15, 102min) ★★
6.00 **The Unit** 12/13. (S1)
7.00 **Burn Notice** 11/16. (S2)
9.00 FILM **Eye for an Eye** Mystery thriller starring John Travolta and Morgan Freeman. (2019, 15, 98min) ★
11.05 **The Avengers**
12.05 AM **The New Avengers**
1.05 **The Persuaders!**
2.05 FILM **Seattle Superstorm** Disaster thriller. (2012, PG) ★★
3.55 **Coast Guard Alaska**
4.50 **to 5.40** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Flower Shop Mystery: Mum's the Word** Whodunnit starring Brooke Shields. (2016, U, 89min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 15/23. (S4)
3.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
7.00 **Castle** 16/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries**
11.50 FILM **Picture Perfect Mysteries: Exit Stage Death** Crime drama starring Alexa PenaVega. (2020, PG, 89min) ★★
1.45 AM FILM **Gone Daughter Gone** Thriller starring Paige Searcy. (2020, PG, 87min) ★★
3.25 **to 5.00** AM FILM **A Night to Regret** Drama. (2018, 12) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Love on the Vines** Romantic drama. (2016, PG, 78min) ★★
10.05 FILM **One Perfect Match** Romcom. (2023, PG) ★★
12.05 PM FILM **Summer of Dreams** Comedy. (2016, PG, 120min) ★★
2.00 FILM **Autumn in the City** Romantic drama. (2022, U, 84min) ★★
3.55 FILM **A Lifelong Love** Drama. (2023, U,) ★★
5.50 FILM **The Happiness Playbook** Comedy. (2023, U, 89min) ★★
7.50 FILM **The Professional Bridesmaid** Drama. (2023, PG, 85min) ★★
9.45 FILM **Wedding at Graceland** Drama. (2019, PG, 85min) ★★
11.40 FILM **A Royal Recipe for Love** Romance. (2023, PG, 89min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Autumn in the City**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Plymouth.
1.00 PM **My Floating Home**
2.00 **Case Sensitive**
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** Bristol.
4.45 **Edwardian Farm**
6.00 **My Floating Home**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Case Sensitive** *The Other Half Lives:* 2/2. Ruth admits she was with Jason but insists she did not kill him. (S2)
10.00 FILM **Coffy** Thriller starring Pam Grier (1973, 18, 91min) ★★
12.00 M'T FILM **Bang Bang You're Dead** Drama starring Ben Foster. (2001, 15) ★★★★
1.45 AM **Musketeer**
2.00 **Case Sensitive**
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **Bottle Boys** (S2)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** (S2)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 7/7. (S3)
1.30 **Press Gang** 9/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 7/8. (S2)
3.30 **Randall and Hopkirk...**
4.30 **Jack Hargreaves' Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Danger Man** 13/39. (S1)
6.30 **Bottle Boys** 6/6. (S2)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** (S1)
8.30 **Randall and Hopkirk (Deceased)** 3/26. (S1)
9.30 **The New Statesman**
10.00 FILM **The Cut-Throats** (1971, 18, 75min) ★★
11.35 FILM **Fanny Hill** (1964, 18, 104min) ★★★
1.35 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** The Gibsons.
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip**
7.00 **Aussie Gold Hunters** The Mahoneys spend thousands on a loader. **8.00** The Dirt Dogs struggle to hunt out their final haul of gold.
9.00 **Gold Divers** 1&2/2. Shawn sets out to retain his crown as the Gold King of Nome.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go North**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Culinary series.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie Cooks Italy** Chef Jamie Oliver visits the Aeolian Islands. **9.30** Seeking out family recipes in Puglias.
10.00 **Rick Stein's Food Heroes** West Yorkshire. **10.30** Visits to Wales and the Peak District.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 2/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 18/22. (S2)
11.00 FILM **Alien Convergence** Thriller. (2017, 15, 110min) ★★
1.00 PM FILM **Gunsmoke: Return to Dodge** Western. (1989, 15) ★★
3.00 FILM **Siringo** Western. (1996, PG, 90min) ★★
5.00 **Star Trek** 9/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 19/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Contraband** Action thriller starring Mark Wahlberg. (2012, 15, 105min) ★★★
11.20 FILM **The Sentinel** Political thriller. (2006, 12, 108min) ★★★
1.30 AM FILM **Code Name: Geronimo** Action. (2012, 15, 96min) ★★
3.20 **to 5.00** AM FILM **Man Down** Drama. (2015, 15, 90min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **MacShayne: Winner Takes All** Drama. (1994, PG, 87min) ★★
11.00 **Andromeda** 11/22. (S4)
12.00 NOON FILM **End of the World** Disaster thriller. (2018, PG, 88min) ★★
2.00 PM FILM **MacShayne: Final Roll of the Dice** Drama. (1993, PG) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Arctic Apocalypse** Disaster thriller. (2019, PG, 90min) ★
7.00 **Andromeda** 12/22. (S4)
8.00 **The A-Team** 6/25. (S3)
9.00 FILM **Escape Plan 2: Hades** Thriller starring Sylvester Stallone. (2018, 15, 96min) ★★
11.00 FILM **Things to Do in Denver When You're Dead** Thriller. (1995, 18, 115min) ★★★★
1.20 AM FILM **Escape Plan 2: Hades** As 9.00pm.
3.15 FILM **Arctic Apocalypse**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Stoke-on-Trent.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Storage Hunters**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal** Barrow-in-Furness.
9.00 **Death Coast**
10.00 **A Ship Through Time**
11.00 **Mega Disasters**
12.00 M'T **History's Most Shocking** Documentary.
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam**
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.55 **Ben Fogle: New Lives in the Wild** Thailand.
12.00 NOON **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo** Crime drama.
5.00 **Great Gardens of Europe** In Portugal.
6.00 **Great British Ships: Cutty Sark** Documentary.
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Michael Portillo in Stockholm** Michael joins thousands of fans at a game of bandy and also visits the landmark City Hall.
10.00 **The Madame Blanc Mysteries Christmas Special** A murderer turns the festive season into a nightmare for Jean and friends.
12.00 M'T **Prisoner: Cell Block H** Double bill.
2.10 **to 4.00** AM **Murder, She Wrote**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** Edinburgh.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Who Wants to Be a Millionaire? Celebrity**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** West Country.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Adam Garcia, Carol Decker, Holly Walsh and Rylan.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show.
10.00 **The Chase Celebrity Special** With Suzi Perry, Matthew Wright, Ian 'H' Watkins and Crissy Rock.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 7.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle** (S1)
8.30 **Young Sheldon** (S3)
10.00 **The Big Bang Theory**
2.00 PM **The Middle** (S1)
3.30 **Young Sheldon** (S3)
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 16/24. Leonard rekindles his romance with Raj's sister. (S4)
9.00 **Baylen Out Loud** After a tic attack, questions are raised about Baylen's ability to live alone.
10.00 **Suddenly Amish** New edition The Bishop hears firsthand accounts exposing hidden truths within his community.
11.00 **Dr Pimple Popper**
12.00 M'T **The Middle** (S1)
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S5)
11.00 **The Upper Hand**
1.10 PM **Impractical Jokers: Hits, Errors & Balls**
1.40 **Friends** (S9&10)
8.00 **Friends** 3/18. Ross tries a spray tan. (S10) **8.30** 4/18. Emma's first birthday arrives. (S10)
9.00 FILM **Private Benjamin** Comedy drama starring Goldie Hawn and Armand Assante. (1980, 15, 110min) ★★★
11.10 **Police Squad!** (S1)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **The Best of Mr Bean**
2.15 **Darren Harriott: Comedy Central Live**
2.45 **Michael McIntyre: Showtime**
3.30 **Dara O Briain – Craic Dealer** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S4)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S5)
7.00 **Michael McIntyre's Big Show** Guests include survivalist Bear Grylls.
8.00 **The Upper Hand** (S1)
9.00 **Rhod Gilbert's Growing Pains**
10.00 **Friends** (S9)
1.05 AM **8 Out of 10 Cats**
1.55 **Michael McIntyre's Big Show** As 7.00pm.
2.55 **Most Ridiculous**
3.40 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 3/11. (S7)
10.50 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 7/10. Drama. (S4)
2.45 **Minder** 4/11. (S4)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 3/11. (S7)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Rising Damp** 7/7. (S1)
6.40 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S2)
8.00 **Minder** 8/11. (S1)
9.00 **Benidorm** 4/7. (S8)
9.55 **Shameless** 2/16. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 4/7. (S8)
12.55 AM **Minder** 3/10. (S5)
2.00 **Duty Free** 5/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 7/13. (S1)
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Judge Judy**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids, Skint Holiday** A globetrotter experiences a holiday on a wet, Welsh campsite.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** A pair of married sweethearts have bones to pick with each other.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Footage of avoidable accidents.
12.30 AM **Ridiculousness**
1.00 **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush**
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Billiard cues, ice sculptures and air filters. **3.30** Escalator handrails. **4.00** Coffee machines, mascots and hammocks **4.30** Glass fibre insulation.
5.00 **Alaska: Homestead Rescue** A homesteader faces threats in a Montana box canyon.

9.00 Bull Shark Dinner Bell

7.00 **Ant Anstead Master Mechanic** Ant pays a visit to an Alfa specialist. **7.30** Ant feels the pressure of his build.

8.00 **Ant Anstead Master Mechanic** A torn bicep threatens the project. **8.30** Ant's 158 and injured arm both progress.

9.00 NEW **Bull Shark Dinner Bell** Experts uncover what's fuelling a surge in bull shark aggression in the town of Jupiter, Florida.

10.00 NEW **What Shark Attacked?** Documentary in which experts analyse shark encounters that were caught on camera.

11.00 **The Alaska Triangle** A ghost hunter seeks out spirits from the gold rush in Skagway.
12.00 M'T **Deadliest Catch**
1.00 AM **Bull Shark Dinner Bell**
2.00 **What Shark Attacked?**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego** A southern white rhino calf arrives. **4.00** The team must make a nerve-wracking decision.
5.00 **Lone Star Law** Alligators are found on school property.
6.00 **Dr Jeff: Rocky Mountain Vet** Help for the pet population on a remote Panama island.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson builds a treehouse B&B, including a waterfall that pours from a deck to the pond below.

8.00 **Guardians of the Glades** The team use a variety of tactics to pull pythons from deep underground.

9.00 **Alaska: The Last Frontier** Resupplying the head of the bay proves to be a difficult task for Elvin and August.

10.00 **Alaskan Bush People** Billy gets overambitious while conducting a late barter, as the Browns try to secure their stores.

11.00 **In Search of Monsters** New evidence about an alleged monster in New Jersey.
12.00 M'T **Crikey! It's the Irwins** Bindi swims alongside sharks.
1.00 AM **Air Jaws: The Hunted**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S.**
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler: The Lost Tapes of the Third Reich** Double bill.
4.00 **Lost Treasures of Ancient Greece** In Athens, experts race to restore the Parthenon.
5.00 **Viking Seas: Drain the Oceans** Experts search for the battleship the Mars.
6.00 **Construction Fails** How Notre Dame cathedral caught fire.

8.00 Mega Marine Machines

7.00 **Air Crash Investigation** The case of a discovery in a crashed plane that had far-reaching effects for commercial aviation.

8.00 **Mega Marine Machines** New edition Floating bridges connecting communities where other structures cannot.

9.00 **Construction Fails** Investigation into sudden structural disasters exposing failures in design, weather and engineering.

10.00 **Disaster Autopsy** Recreations of real-life disasters, using analysis to uncover the factors behind the tragedies.

11.00 **Air Crash Investigation** Aeroperú Flight 603 crashed into the Pacific Ocean in 1996.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day**
3.20 **Food Factory**
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Ice Road Truckers**
1.00 PM **History's Greatest Machines with Dolph Lundgren** See 9.00pm.
2.00 **Great Escapes with Morgan Freeman** Four editions of the documentary series.
6.00 **American Pickers** Mike and Danielle scour a sensory-overload attic in Detroit.

9.00 History's Greatest Machines

7.00 **Forged in Fire** Following an attempt to build the longest weapon in the show's history – a nine-foot Friauler Spiess.

8.00 **Hitler's Engineers** Fritz Todt, the man tasked with Nazi engineering projects, including the West Wall defences.

9.00 NEW SERIES **History's Greatest Machines with Dolph Lundgren** Exploring the impact of machines on history.

10.00 **Prison Chronicles** The Colorado prison ADX'. **10.30** Stories that are associated with notorious institution Alcatraz.

11.00 **History's Deadliest with Ving Rhames** Feared criminals.
12.00 M'T **Great Escapes with Morgan Freeman**
1.50 AM **Hitler's Engineers**
2.50 **History's Greatest Machines with Dolph Lundgren**
3.40 **Pawn Stars**
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Gary Oldman**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **The Comedy Store**
11.05 **UFO** Documentary.
12.00 NOON **Albert Brooks: Defending My Life**
1.45 PM **My Icon: John Amaechi**
2.00 **Stasi FC** Documentary.
3.50 **My Icon: Michael Holding**
4.00 **The Directors**
5.00 **Discovering: Gary Oldman**
5.55 **JFK: Destiny Betrayed**

9.00 The Salisbury Poisonings

7.00 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to stop another explosion.

9.00 NEW **The Salisbury Poisonings: A Spy Next Door** A look at the nerve agent attack on former Russian spy Sergei Skripal and his daughter Yulia, featuring contributions from officials and victims.

10.40 **2000 Meters to Andriivka** A Ukrainian platoon attempts to liberate a village from Russian forces.

12.50 AM **Amsterdam Narcos** How the Dutch city turned into the drug capital of Europe.
1.50 **Amsterdam Narcos** Double bill of the documentary.
3.50 **Edge of the Earth**
5.00 **to 6.00** AM **Discovering: Gary Oldman**

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Car Hunters**
1.00 PM **Mike Brewer: Born Dealer** A car show visit.
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Ant Anstead: Born Mechanic** A Mercedes,
9.00 **Johnny Vegas' Little Shop of Antiques** New edition The actor starts an online shop.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Killer in My Family** Levi Bellfield.
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Scott Peterson.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** Adam Vincent and Sophie Lancaster.
8.00 **Murder on CCTV**
10.00 **Body Cam** New editions A suspect shoots a K-9. **11.00** An officer is shot during a foot chase.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The murder of Valerie Graves.
8.00 **UK Crime Files: Murderous Marriage** Surjit Athwal's murder.
9.00 **UK Crime Files: Murder: Buried Alive** The story of Stephanie Slater, who vanished from a house in 1992.
10.00 **Murder UK** The murder of Wayne Coventry.
11.00 **Secrets of a Murder Detective** A murder case with no body.
12.00 M'T **UK Crime Files: Murderous Marriage**
1.00 AM **UK Crime Files: Murder: Buried Alive**
2.00 **Murder UK**
3.00 **Britain's Countryside Killers** See 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Murder of Collette Aram**
9.55 **UK Crime Files: Bus Stop Rapist**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Massacre at Red Gables Hotel**
3.00 **UK Crime Files: Unravelling the Murder Of Janet Commins**
4.00 **Killers: Caught on Camera** A couple are found dead in a shed.
5.00 **Medical Detectives** Four editions, including at: **6.00** A look at a murder at a convenience store. **6.30** A woman's death in an apparent accident.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Frontline Crime UK**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the Killer** Karen Price.
1.00 PM **Murdered at First Sight** Mikey Rainsford.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers** Mick Philpott's crimes.
8.00 **World's Most Evil Killers**
9.00 **The Sleepwalker**
10.45 **How I Caught the Killer**
11.50 **World's Most Evil Killers**
12.55 AM **Catching the Killer**
2.00 **Murder Nation** New edition The murder of Bethany Correira.
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Vermont.
8.35 **Conquistadors...**
9.40 **Pirates: Behind the Legends** Blackbeard.
10.40 **Iron Curtain...**
11.55 **Hitler's Gold**
1.00 PM **America the Bountiful** Vermont.
1.35 **Conquistadors...**
2.35 **Hitler's Gold**
3.35 **Pirates: Behind the Legends** Blackbeard.
4.35 **Iron Curtain: Living Under Soviet Occupation**
5.50 **Hitler's Gold**
6.50 **Conquistadors: The Rise and Fall**
7.50 **Pirates: Behind the Legends** Blackbeard.
8.50 **Iron Curtain: Living Under Soviet Occupation**
10.00 **Hitler's Gold**
11.00 **Pirates: Behind the Legends** Blackbeard.
12.00 M'T **Iron Curtain...**
1.15 **to 2.00** AM **America the Bountiful**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life** Double bill.
8.00 **Zambia Untamed**
9.00 **Becoming Orangutan**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Zambia Untamed**
3.00 **Becoming Orangutan**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall**
9.00 **Extreme Animals: One Wild Day** The rich diversity of animals to be found in jungles.
10.00 **Big Cat Country**
11.00 **Dawn to Dusk**
12.00 M'T **Arabian Seas**
1.00 AM **Ol Pejeta Diaries**
2.00 **Whale with Steve Backshall**
3.00 **Extreme Animals: One Wild Day** As shown at 9.00pm.
4.00 **Zambia Untamed**
5.00 **to 6.00** AM **Becoming Orangutan**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Battle 360** Five editions.
6.00 **Mysteries from Above**
7.00 **Alien Corridors** Patterns in UFO and UAP sightings.
8.00 **The Secret Nazi Expeditions** Himmler's team established to research witchcraft.
9.00 **Dark Marvels: Killing Machines** A look into torture devices – from the 'Iron Maiden' to the pear of anguish.
10.00 **Secrets of the Hells Angels** Pat Matter, a methamphetamine dealer who rose through the ranks to become president of the Minnesota Hells Angels.
11.00 **Ancient Aliens** Investigating the mysteries of the Aztecs. **12.00** M'T How reports of glowing orbs are on the rise.
1.00 AM **Alien Corridors**
2.00 **Battle 360** Triple bill.
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Incredible Engineering Blunders: Fixed**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made** The production of life casts, compression hosiery and electric motorcycles. **6.30** How frozen French toast and sidecars are made. **7.00** Constructing custom knee braces and exhaust systems. **7.30** Solid state drives, eye shadow and limousines. **8.00** Dragster tyres, icing, floating docks and spiral pipes. **8.30** How motion sensors and diving helmets are created.
9.00 **Savage Builds** Adam and a demolition expert stage a series of experiments on Nitroglycerin. **10.00** Adam teams up with Gary Oldman to build one of Hollywood's deadliest weapons.
11.00 **You Have Been Warned**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Look What You Made Me Do**
6.00 **Homicide Hunter**
7.00 **The First 48** Investigating a Dallas father's murder.
8.00 **Green Eyed Killers**
9.00 **Staged: Deadly Deception** Series finale Shocking cases where crime scenes were staged to conceal the truth.
10.00 **Tell Me How I Died** Dr Antoine Wrice investigates unusual evidence when a man is shot.
11.00 **Very Scary People**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** True-crime.
2.00 **Staged: Deadly Deception**
3.00 **Look What You Made Me Do**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Incredible Animal Journeys**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Africa's Ghost River**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** Staff have their hands full with a koala who is mysteriously losing weight.
8.00 **Sea of Hope: America's Underwater Treasures** A team of environmentalists take a tour of America's Ocean hotspots.
9.00 **New Wave Warriors** Conservationists working to protect marine habitats.
10.00 **When Sharks Attack 360**
11.00 **Snakes in the City** Simon has a close call with a black mamba.
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet** Documentary.
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Combat Dealers**
9.00 **Lost Mines: Restored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Attack and Capture: The Story of U-Boat 505** Exploring the German submarine's capture by the US Navy.
9.00 **Unexplained and Unexplored** Explorer Justin Fornal and Emiliano Ruprah investigate an international conspiracy.
10.00 **How Do They Do It?**
11.00 **Combat Dealers** Bruce Crompton marks the 75th Anniversary of VE Day.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance**
3.00 PM **Inside the Ambulance** Gaz and Mike rush a small baby in with suspected meningitis. **4.00** Medics help a man having an anxiety attack in the street.
5.00 **Secrets of the Transport Museum** Triple bill of editions.
8.00 **Secrets of the Transport Museum** A Mini makeover reduces its owners to tears. **9.00** Actor Sanjeev Bhaskar visits Brooklands to re-live a past supersonic experience. **10.00** A father and son team battle to get their buses ready for the Brooklands bus show. **11.00** Volunteer Mark visits bike building maestro Allen Millyard to choose two models. **12.00** M'T Bus-obsessed radio DJ Ed Adoo gets the ultimate driving lesson in a double decker.
1.00 AM **Secrets of the Transport Museum** Five editions.
5.25 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **The Perfect Murder**
12.00 NOON **Evil Online**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Diabolical: Deadly Love**
7.00 **Deadline: Crime with Tamron Hall** How a graduate student was swept off her feet, only to find as the relationship progressed that revelations suggested nothing was quite what it appeared to be. **8.00** A case in which a woman went missing after breaking up with her boyfriend.
9.00 **Evil Lives Here: The Killer Speaks** A teen girl's world changes forever as horrific revelations emerge.
10.00 **Evil Lives Here** Shocking stories of people who realised they lived with a killer.
11.00 **On the Case with Paula Zahn** The abduction of a young girl.
12.00 M'T **Lethally Blonde**
2.00 AM **Diabolical: Deadly Love**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Local racers in Idaho race for $5,000, and hot competition takes favourites out of the race.
9.00 **Mike Brewer: Born Dealer** Mike trades a classic Citroen.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Motoring series.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

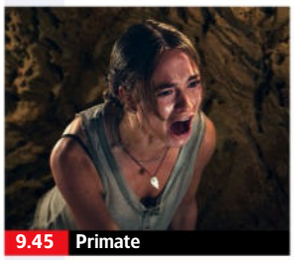
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **In Cold Light** Thriller. (2025, 15, 96min) ★★★
8.00 **Mortal Kombat II** As 4.00pm.
10.00 **Heretic** As 6.00pm.
12.00 NOON **Normal** As 8.00pm.
1.35 PM **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
4.00 **Mortal Kombat II** Fantasy sequel starring Karl Urban. (2024, 15, 116min) ★★★
6.00 **Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★



9.45 Primate

8.00 **Normal** Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Primate** Horror starring Johnny Sequoyah and Jessica Alexander. A pet chimpanzee contracts rabies and brutally hunts a family in Hawaii. (2025, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Eleanor the Great** Drama starring June Squibb, Erin Kellyman and Chiwetel Ejiofor. (2025, 12, 98min) ★★★★
1.05 AM **Love Me** Drama starring Steven Yeun and Kristen Stewart. (2024, 15, 91min)
2.45 **Redux Redux** Adventure starring Michaela McManus. (2025, 15, 109min) ★★★★
4.40 **to 6.30** AM **Night Patrol** Horror with Jermaine Fowler. (2025, 15, 103min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.25 AM **Bumblebee** Fantasy. (2018, PG, 114min) ★★★★
9.30 **Transformers** Adventure. (2007, 12, 144min) ★★★★
12.00 NOON **Transformers: Revenge of the Fallen** Adventure sequel. (2009, 12, 149min) ★★★
2.35 PM **Transformers: Dark of the Moon** Adventure sequel. (2011, 12, 154min) ★★★
5.10 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★

10.35 Superman

8.00 **Transformers: The Last Knight** Sci-fi adventure sequel starring Mark Wahlberg and Anthony Hopkins. The shape-changing robots must find an ancient artefact to protect Earth from their own creator. With Stanley Tucci and Laura Haddock. (2017, 12, 155min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Superman** Fantasy adventure starring David Corenswet. One of the last survivors of the planet Krypton attempts to protect Earth from evil genius Lex Luthor. (2025, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Justice League** Sci-fi adventure starring Ben Affleck. (2017, 12, 120min) ★★
2.50 **Aquaman** Fantasy adventure. (2018, 12, 143min) ★★★
5.15 **to 6.55** AM **Peter Rabbit** Family comedy adventure. (2018, PG, 95min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **The Room Next Door**
8.25 **True Grit** Western starring Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★
10.20 **Anemone** As 9.50pm.
12.40 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
2.55 **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
5.20 **Nuremberg** Crime thriller. (2025, 15, 148min) ★★★★★

8.00 **Dunkirk** Wartime drama starring Kenneth Branagh. Allied soldiers surrounded by the German army wait for evacuation. (2017, 12, 106min) ★★★★★
9.50 **Anemone** Drama starring Sean Bean. A man heads out into the woods to reconnect with his estranged hermit brother with whom he shared a complicated past. (2025, 15, 125min) ★★★
12.00 M'T **Don't Let's Go to the Dogs Tonight** Drama with Lexi Venter. (2024, 15, 99min) ★★★★

1.45 AM **The Room Next Door** Drama with Julianne Moore. (2024, 12, 102min) ★★★★
3.35 **The Friend** Drama starring Naomi Watts and Bill Murray. (2024, 15, 120min) ★★★★
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **It Feeds** As 12.00m't.
8.35 **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
10.10 **Salem's Lot** As 1.55am.
12.10 PM **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
2.05 **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★
4.10 **The Meg** Action thriller starring Jason Statham and Bingbing Li. (2018, 12, 113min) ★★★

6.10 **Pet Sematary** Horror starring Jason Clarke and Amy Seimetz. (2019, 15, 101min) ★★★
8.00 **It** Stephen King chiller starring Bill Skarsgård. A group of bullied New England kids band together to destroy a clown. (2017, 15, 135min) ★★★★
10.15 **Evil Dead** Horror remake starring Jane Levy. Five friends unwittingly awaken a demonic spirit after they go to a remote cabin in the Michigan woods. (2013, 18, 89min) ★★★

12.00 M'T **It Feeds** Horror with Shawn Ashmore and Ashley Greene. (2025, 15, 102min) ★★★
1.55 AM **Salem's Lot** Horror chiller starring Lewis Pullman. (2024, 15, 109min) ★★★
4.00 **to 6.00** AM **Slingshot** Thriller. (2024, 15, 108min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.05 AM **Wicked: For Good** (2025)
9.30 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
11.20 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel. (2016, 12, 112min) ★★★
1.15 PM **Jumanji** (1995, PG) ★★★★
3.00 **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
6.00 **The Lord of the Rings: The Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★

6.00 The Two Towers

The Lord of the Rings: The Two Towers (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy with Jim Carrey. Three orphaned siblings are sent to live with an evil count. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Charlotte's Web** Drama starring Dakota Fanning, and featuring the voices of Julia Roberts, Steve Buscemi and John Cleese. (2006, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Peter Rabbit 2: The Runaway** Adventure sequel. (2021, U, 93min) ★★★
2.25 **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★
4.05 **to 6.15** AM **The Karate Kid** Adventure with Ralph Macchio. (1984, 12, 127min) ★★★★

Sky Cinema Action

306 306 407 507 521

7.55 AM **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
10.05 **The Italian Job** Crime thriller. (2003, 12, 110min) ★★★
12.05 PM **Spider-Man** Adventure. (2002, 12, 121min) ★★★★
2.15 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
4.35 **Normal** Action comedy. (2026, 15, 91min) ★★★★
6.20 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★

10.20 Gladiator II

8.00 **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Nobody 2** As 6.20pm.
2.35 **Novocaine** Comedy starring Jack Quaid and Ray Nicholson. (2024, 15, 80min) ★★★
4.40 **to 6.45** AM **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12, 112min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Seven Psychopaths** Comedy. (2012, 15) ★★★★
8.55 **Superbad** (2007, 15) ★★★★
10.55 **Hitch** Romantic comedy. (2005, 12, 118min) ★★★
12.55 PM **American Pie** Comedy. (1999, 15, 96min) ★★★★
2.35 **American Pie 2** Comedy. (2001, 15, 106min) ★★★
4.25 **American Pie: The Wedding** Comedy sequel. (2003, 15) ★
6.05 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★

8.00 Talladega Nights

8.00 **Talladega Nights: The Ballad of Ricky Bobby** Action comedy starring Will Ferrell, John C Reilly and Sacha Baron Cohen. A stock car racer rises to the top, but his pride takes a dent when a French driver challenges his supremacy. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. Friends encounter a terrifying creature while remaking a movie. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Yesterday** Danny Boyle's comedy starring Himesh Patel. (2019, 12, 116min) ★★★
2.15 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
4.10 **Cinema List: Fear Seekers**
4.40 **to 6.40** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Dry** Crime drama. (2020, 15, 117min) ★★★★
8.10 **Force of Nature: The Dry 2** Thriller. (2024, 15) ★★★
10.10 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
12.00 NOON **Black Bag** As 12.10am.
1.40 PM **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
4.00 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
6.00 **Lethal Weapon 2** Thriller. (1989, 15, 110min) ★★★★

4.00 Lethal Weapon

8.00 **Lethal Weapon 3** Comedy action thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Lethal Weapon 4** Action thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci and Rene Russo. (1998, 15, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Black Bag** Spy thriller. (2024, 15, 94min) ★★★★
1.50 **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
3.40 **Lifehack** Action thriller. (2025, 15, 97min) ★★★
5.25 **to 7.00** AM **Restless** Thriller. (2024, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Robot Dreams** Animation. (2023, PG, 113min) ★★★★
1.05 PM **Drums Along the Mohawk** Frontier adventure. (1939, PG, 103min) ★★★
3.10 **The Mark of Zorro** Adventure remake. (1974, PG, 78min) ★★
4.45 **Rat Race** Road comedy. (2001, 12, 112min) ★★★
6.55 **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG, 99min) ★★★★

9.00 My Stepmother Is an Alien

Teenage Mutant Ninja Turtles: Mutant Mayhem (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **My Stepmother Is an Alien** Sci-fi comedy starring Dan Aykroyd and Kim Basinger. A widowed scientist unwittingly marries an alien who has come to Earth to save her planet from destruction. With Alyson Hannigan. (1988, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Under the Skin** Sci-fi drama starring Scarlett Johansson. An alien wandering the streets of Glasgow begins to empathise with the humans she preys on. (2013, 15, 106min) ★★★★
1.25 **to 3.35** AM **How to Talk to Girls at Parties** Romantic comedy starring Elle Fanning, Nicole Kidman and Alex Sharp. (2016, 15, 98min) ★★

11 PM

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Sky Cinema Animation

302 302 402 502 516

6.30 AM **The Wild Thornberrys Movie** (2002, U) ★★★★
8.00 **Tafiti – Across the Desert**
9.25 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
11.00 **Super Charlie** Animation. (2025, PG, 82min) ★★★
12.35 PM **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
2.10 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
4.00 **The SpongeBob Movie: Sponge Out of Water** Animated comedy. (2015, U, 93min) ★★★
5.40 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
7.15 **Sing** Animation with the voice of Matthew McConaughey. (2016, U, 108min) ★★★
9.10 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
10.45 **The Secret Life of Pets 2** Animated adventure sequel. (2019, U, 86min) ★★★
12.15 AM **Happy Feet** Animation. (2006, U, 108min) ★★★★
2.05 **Happy Feet Two** (2011) ★★★
3.50 **Tafiti – Across the Desert** Animation. (2025, PG) ★★★
5.25 **Cinema List: Family Favourites**
5.55 **to 7.30** AM **The SpongeBob Movie: Sponge Out of Water**

Sky Cinema Greats

307 307 404 504 518

7.10 AM **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
9.30 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
11.30 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
1.30 PM **A League of Their Own** Drama. (1992, PG) ★★★★
3.40 **Escape to Victory** Wartime drama. (1981, PG, 111min) ★★★
5.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **The Bodyguard** Thriller starring Kevin Costner and Whitney Houston. A bodyguard falls in love with the superstar he has been assigned to protect. (1992, 15, 129min) ★★★
10.10 **The Green Mile** Supernatural drama starring Tom Hanks. A Depression-era prison guard encounters a death-row inmate who possesses a magical gift. (1999, 18, 189min) ★★★★
1.15 AM **The End of the Affair** Drama starring Ralph Fiennes. (1999, 18, 101min) ★★★★
3.00 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
4.30 **to 6.30** AM **Full Metal Jacket** Stanley Kubrick's Vietnam War drama. (1987, 15, 115min) ★★★★

Disney+ Cinema

305 305

6.00 AM **The Lion King** Animation. (2019, PG, 118min) ★★★
7.35 **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
9.25 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
11.10 **Percy Jackson: Sea of Monsters** Fantasy adventure sequel starring Logan Lerman. (2013, PG, 102min) ★★★
1.00 PM **Ratatouille** Animation. (2007, U, 106min) ★★★★★
2.55 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
4.40 **The Sorcerer's Apprentice** Fantasy starring Nicolas Cage. (2010, PG, 109min) ★★★★
6.35 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.00 **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★
10.40 **(500) Days of Summer** Comedy. (2009, 12, 95min) ★★★★
12.20 AM **A Real Pain** Comedy. (2024, 15, 90min) ★★★★★
1.55 **A Complete Unknown** Biopic. (2024, 15, 140min) ★★★★
4.15 **to 6.00** AM **Hannah Montana: The Movie** (2009, U) ★★★

Movies 24

312 313 419

7.00 AM **My Dreams of You** Drama. (2024, PG, 90min) ★★
9.00 **Falling Together** Romantic drama. (2024, U, 90min) ★★
11.00 **Making Waves** Romantic comedy. (2023, PG, 84min) ★★
1.00 PM **Be Mine, Valentine** Comedy. (2022, PG, 90min) ★★
3.00 **Romantic Friction** Romantic comedy starring Julie Roy. (2023, PG, 90min) ★★
5.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
7.00 **The Real West** Comedy with Kimberley Sustad. A widowed academic takes a holiday on a ranch, and finds herself growing attracted to her sister's boyfriend. (2024, PG, 84min) ★★
9.00 **The Love Hunt** Comedy starring Scout Taylor-Compton. A real estate executive discovers her inheritance from her father depends on finding lost treasure. (2023, PG, 89min) ★★
11.00 **Love Under the Lemon Tree** Comedy. (2022, PG, 88min) ★★
1.00 AM **Following Yonder Star** Drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **The Snow Must Go On** Drama. (2025, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Murder at 3am** Mystery. (1953, b/w, PG, 60min) ★★
7.10 **The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
9.15 **Oliver Twist** Period drama. (1982, U, 115min) ★★
11.15 **Biggles: Adventure in Time** Adventure starring Neil Dickson. (1986, PG, 108min) ★★
1.00 PM **The Adventures of William Tell** 21/39. (S1)
1.35 **Appointment with Venus** Comedy starring David Niven. (1951, b/w, U, 89min) ★★★
3.20 **Anthony Perkins: The Actor Behind the Door**
4.25 **Chase a Crooked Shadow** Drama. (1957, b/w, U) ★★★
6.10 **What's on TPTV with Noel**
6.25 **Whiplash** 26/34. (S1)
6.55 **The Man from UNCLE** (S2)
7.55 **Buccaneer** 3/13. (S1)
9.00 **Accident** Drama starring Dirk Bogarde and Jacqueline Sassard. (1967, PG, 105min) ★★
11.05 **Fortean TV**
11.40 **Body Double** Brian De Palma's thriller. (1984, 18, 109min) ★★★
1.55 AM **The Night of the Shooting Stars** Italian drama. Subtitled. (1981, 12, 107min) ★★★★
4.00 **Target: The Corruptors**
5.00 **to 6.00** AM **Railway Murders**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **The Hundred** SunRisers Leeds v London Spirit. Coverage of the match in the women's competition staged at Headingley. The Leeds-based outfit, known previously as Northern Superchargers, claimed an eight-wicket win when these teams met at Lord's in last season's competition. Start-time **3.00pm**.
6.00 LIVE **The Hundred** SunRsers Leeds v London Spirit. The match in the men's competition at Headingley in Leeds. The former Northern Superchargers earned an eight-wicket win over today's opponents at Lord's in last season's competition. Start-time **6.30pm**.
9.30 LIVE **WTA & ATP Tennis** Day three of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
2.00 **SNF** Sunderland v Arsenal.
2.30 **Premier League Highlights**
5.00 **Premier League Review** A selection of the finest strikes from the 2025/26 campaign.
6.00 **Transfer 360** Gareth Barry. **6.30** Patrick Vieira.
7.00 **The Transfer Show**
8.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
9.00 **Transfer 360** Juninho. **9.30** Jürgen Klinsmann.
10.00 **Drink It In: The Rise of Man City** The return to prominence of Manchester City, following the years of investment by the City Football Group that began in 2013.
11.00 **Premier League Years** A look back at the 2023/24 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 2019 play-off finals.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
12.00 NOON **EFL** The 2023 play-offs.
3.00 PM **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Another chance to see Manchester United v Southampton in the 2017 final.
6.00 **SPFL Round-Up** Recent action.
6.30 **EFL Highlights** Crawley Town v Crewe Alexandra in the 2023/24 League Two play-off final. **7.30** Bolton Wanderers v Oxford United in the 2023/24 League One play-off final. **8.30** Leeds United v Southampton in the 2023/24 Championship play-off final.
9.30 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
11.30 **SPFL Round-Up**
12.00 M'T **EFL Cup Retro**
2.00 AM **1983: When Aberdeen Ruled Europe** Documentary.
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL: The Play-Offs at 40**
5.30 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred** A replay of Welsh Fire v Southern Brave.
9.15 **The Hundred Bitesize**
11.00 **Women's T20 World Cup**
11.30 **The Hundred Bitesize**
2.45 PM LIVE **The Hundred** SunRisers Leeds v London Spirit. Coverage of the match in the women's competition at Headingley. Start-time **3.00pm**.
6.00 LIVE **The Hundred** SunRisers Leeds v London Spirit. Coverage of the men's match at Headingley. Zak Crawley top-scored for the former Northern Superchargers with 55 not out from 38 balls, as he inspired his team to an eight-wicket win over today's opponents at Lord's in last season's competition. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see SunRisers Leeds v London Spirit in the men's competition.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see SunRisers Leeds v London Spirit in the women's competition.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons** Max Homa.
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **School of Golf**
10.00 **PGA Tour Golf** Rocket Classic.
11.00 **Women's Golf** Women's Open.
12.00 NOON **Women's Open Official Film 2025** Tournament review.
1.00 PM **Women's Golf**
2.00 **The Improvers** Expert tips.
3.00 **The Golf Fitness Show**
3.30 **Mark Roe's Short Game School**
4.00 **Chronicles of a Champion Golfer** Profiles of players.
5.00 **PGA Tour Golf** Rocket Classic.
6.00 **Women's Golf** Day four of the Women's Open Championship.
7.00 **The Greatest Solheim**
9.00 **PGA Tour Golf** Rocket Classic.
10.00 **Women's Golf** Women's Open.
11.00 **PGA Tour Champions**
12.00 M'T **Challenge Tour Golf**
12.30 AM **DP World Tour Golf**
1.00 **The Open – Official Films**
2.00 **Golf Academy** Expert tips.
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
11.00 **ATP Tennis** Los Cabos Open.
12.00 NOON **ATP Tennis** The Washington DC Open final.
1.00 PM **WTA & ATP Tennis** The second day of the Canadian Open.
4.00 LIVE **WTA & ATP Tennis** Coverage of day three of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Men**
7.00 **Men's Cycling** Tour of Poland.
8.00 **Tour de France Women**
9.00 **Test Cricket Highlights**
10.00 **WRC Review** Rally Finland.
11.00 **Sign Up – Into Football**
12.00 NOON **Premier League Stories**
12.30 PM **Tour de France Men**
1.30 **Tour de France Women**
2.30 LIVE **Tour de France Women** Coverage from the fourth stage of the Grand Tour race, a 21km individual time trial stage from Gevrey-Chambertin to Dijon.
5.45 **The Gruppetto** Cycling news.
6.00 **Conference League Goals**
6.15 **Europa League Goals Reload**
6.30 **Premier League Stories**
7.00 **British Superbikes Highlights**
8.00 **WRC Review** Rally Finland.
9.00 **UFC: The Ultimate Fighter**
10.00 **What Went Down**
10.15 **British Superbikes Rewind**
10.30 **MLB Highlights**
11.30 **MLB Lead Off** Match preview.
12.00 M'T LIVE **MLB** Chicago Cubs v Los Angeles Dodgers. The National League match at Yankee Stadium.
3.00 AM **MLB Closer** Match review.
3.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Classics**
9.00 **British Superbikes Highlights** Action from the sixth round of the season staged at Oulton Park.
10.00 **Motocross World Championship** Highlights of races in Flanders, Belgium.
1.00 PM **eSports Show**
1.30 **Test Cricket Highlights** Action from West Indies v Pakistan in the second day of the second and final Test of the series.
2.30 LIVE **Test Cricket** West Indies v Pakistan. Coverage of the third day of the second and final Test in the series staged at Queen's Park Oval in Trinidad and Tobago. Pakistan have won four out of the last eight series against their hosts in this format of the game, with the other four ending in draws.
11.00 **TNT Sports Cricket Reload**
11.30 **Premier League Stories**
12.00 M'T **World Series of Poker**
2.00 AM LIVE **World Series of Poker** Coverage from the second day of the final table main event staged at Paris Las Vegas and Horseshoe Las Vegas.
5.00 **to 6.00** AM **Formula E**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** A chance to see Hull Kingston Rovers v Salford Red Devils from 2025.
9.00 **Super League** Leeds Rhinos v Warrington Wolves from 2025.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Brief highlights from Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights** Salford Red Devils v Leigh Leopards in a 2024 Eliminator match. **5.45** Brief highlights of Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show.
8.00 **NBA Basketball** Brooklyn Nets v Minnesota Timberwolves.
10.00 **NBA Basketball** Golden State Warriors v Los Angeles Clippers.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League** Leigh Leopards v Leeds Rhinos from 2025.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** Another chance to see Hull Kingston Rovers v Leeds Rhinos staged at Allegiant Stadium in Las Vegas, Nevada.
10.30 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Day three of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto. The second round sees the top eight seeded players get their campaigns underway in both the men's and women's events. Alexei Popyrin entered last year's event as the reigning champion and was just the 18th-ranked player in the men's draw, but he did successfully navigate his way into the second round. The reigning women's champion 12 months ago was American Jessica Pegula, and she recorded a win over Maria Sakkari, but Canada's Eugenie Bouchard was knocked out after losing to Belinda Bencic.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Hong Kong Open.
9.00 **US Women's Open Golf**
10.00 **PGA Tour Golf**
11.00 **WTA Tennis** Brisbane Open final.
12.00 NOON **My Icon**
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Bitesize Highlights**
2.00 **My Icon** Sporting influences.
2.30 **Darts Gold** Archive action.
2.45 LIVE **The Hundred** SunRisers Leeds v London Spirit. The women's match at Headingley. Start-time **3.00pm**.
6.00 LIVE **The Hundred** SunRisers Leeds v London Spirit. The men's match staged at Headingley. Start-time **6.30pm**.
9.30 **NFL Bitesize Highlights**
10.00 **PGA Tour Golf** Rocket Classic.
11.00 **NFL Bitesize Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **Darts Gold**
1.00 **Premier League Darts**
4.50 **My Icon** Sporting influences.
5.30 **to 6.00** AM **Darts Gold**

TNT Sports 3

413 415 523 410 432

6.00 AM **NWSL** Football highlights.
8.00 **Fishing: On the Bank**
9.00 **SailGP – Racing on the Edge**
9.30 **Playing for Our Future: Cycling**
9.45 **The Gruppetto** Cycling news.
10.00 **Men's Cycling** Tour of Poland.
11.00 LIVE **Cycling** The second stage of the men's Tour of Poland, from Miedzyzdroje to Szczecin.
3.45 PM **Playing for Our Future**
4.00 **Fishing: On the Bank**
5.00 **MLB Highlights**
6.00 **Motocross World Championship** Action from Flanders, Belgium.
9.00 **Tour de France Men Highlights**
10.00 **Tour de France Women** Action from the fourth stage of the race.
11.00 **Cycling** Men's Tour of Poland.
12.00 M'T **The Gruppetto**
12.15 AM **British Superbikes Rewind**
12.30 **eSports Show** The latest news.
1.00 **Fishing: On the Bank**
2.00 **Men's Cycling** Tour of Poland.
3.00 **Tour de France Women**
4.00 **to 6.00** AM **NWSL**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League**
7.00 **Classic Premier League**
11.00 **Shanghai Masters Snooker**
1.00 PM **MLB Highlights**
2.00 **NWSL** Highlights from Utah Royals FC v Washington Spirit. **3.00** Action from Washington Spirit v San Diego Wave FC.
4.00 **Classic Premier League** A review of the 2014/15 season. **5.00** The 2015/16 season.
6.00 **AFL** A replay of Collingwood Magpies v Geelong Cats. **7.30** A replay of Fremantle Dockers v Western Bulldogs.
9.00 **AFL** Another chance to see St Kilda Saints v Sydney Swans. **10.30** Hawthorn Hawks v North Melbourne Kangaroos. **12.00** M'T A chance to see Port Adelaide Power v GWS Giants.
1.30 AM **UFC: The Ultimate Fighter**
2.30 **UFC Fight Flashback**
3.00 **to 6.00** AM **Motocross World Championship**

Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 **DTM Motorsport Highlights**
8.00 **FIM Sidecarcross Championship** Latvia Grand Prix.
9.00 **Indikart Championship**
10.00 **Football** A pre-season friendly.
12.00 NOON **German Cup** Bayern Munich v VfB Stuttgart in the final.
2.00 PM **Sporting Countdowns**
2.30 **Premier Sports Cup** A replay of Celtic v Rangers in a semi-final.
4.55 **Sporting Countdowns**
5.25 **FIM Quadcross Championship** Grand Prix of Latvia highlights.
5.55 LIVE **Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **Bike World** Magazine.
8.30 **Football** A pre-season friendly.
10.30 **Sporting Greats**
11.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
1.00 AM **Motorsport** Valentino Rossi.
1.30 **United Rugby Championship**
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **NHL Ice Hockey** Another chance to see Vegas Golden Knights v Carolina Hurricanes in game six of the Stanley Cup Finals.
8.15 **Africa Eco Race**
8.30 **NHL: This is Hockey**
9.00 **EUT20 Belgium** Another chance to see Antwerp v Brussels.
12.45 PM **EUT20 Belgium** Another chance to see Bruges v Liege.
3.30 **Temples of Sport**
4.00 **Football's Greatest**
4.30 **NASCAR O'Reilly Series** From Indianapolis Motor Speedway.
7.30 **Bike World** Magazine.
8.00 **Brasileiro Serie A** A replay of Internacional v Flamengo.
10.00 **Brasileiro Serie A** A replay of Corinthians v Atletico Paranaens.
12.00 M'T **NHL Ice Hockey**
2.15 AM **Africa Eco Race**
2.30 **NHL: This is Hockey**
3.00 **Football's Greatest**
3.30 **Coppa Italia** A replay of the final.
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

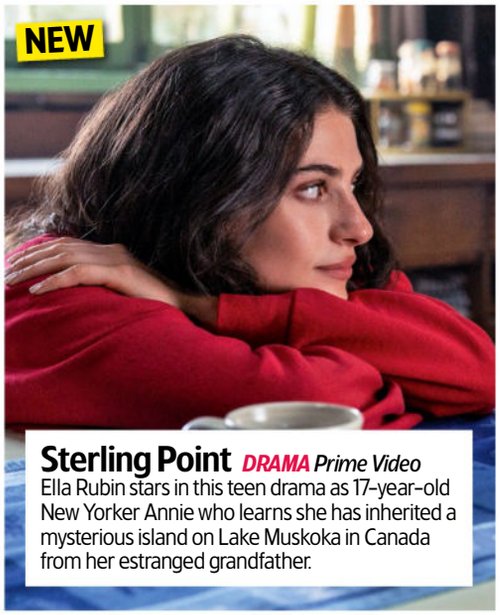
6.00 AM **Formula 1** Highlights.
12.20 PM **Ted's Notebook**
12.50 **Lewis Hamilton Ferrari Story**
1.00 **Formula 1** Japanese Grand Prix.
3.15 **Ted's Notebook**
3.45 **F1 Features**
4.00 **Formula 1** Race highlights.
7.00 **Ted's Notebook**
7.30 **Formula 1** Chinese Grand Prix.
9.50 **Pierre Gasly IV**
10.00 **Formula 1** Chinese Grand Prix. **11.00** The Japanese Grand Prix. **12.00** M'T Miami Grand Prix.
1.00 AM **F1 Explained**
2.00 **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday

5 August

Planner



Sterling Point *DRAMA Prime Video*
Ella Rubin stars in this teen drama as 17-year-old New Yorker Annie who learns she has inherited a mysterious island on Lake Muskoka in Canada from her estranged grandfather.

Ted Lasso *COMEDY Apple TV*
At the end of the third – and what we thought was the final – season, Ted (Jason Sudeikis, right) was heading to Kansas to coach his son's soccer team. But as the comedy returns for its highly anticipated fourth series, Ted is back in Richmond to help steer the struggling fourth division women's team to success.

Big Chicken: A Fast Food Conspiracy
DOCUMENTARY Netflix
Comedian Mo Gilligan takes on the challenge to eat nothing but fried chicken for 28 days, as he investigates our obsession, and the impact it has on our health, our planet and the way we eat.

One Hundred Years of Solitude
DRAMA Netflix
The epic adaptation of Gabriel Garcia Márquez's family saga concludes with a final eight episodes. Against the backdrop of political unrest, the Buendiá family struggle to escape their fate.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: Trent Rockets Men v Birmingham Phoenix Men (Start-time 6.30)					9.30 Live at the...	10.00 The Big Cases...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Who Wants to Be a Millionaire? †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Extraordinary Extensions		9.00 The Undeclared War			
	105 5	7.00 Car Pound Cops		8.00 Casualty 24/7: Every Second Counts		9.00 999: Critical Condition		10.00 Ambulance: Code Red	
	106 SKY ONE	7.00 The Simpsons		8.00 A League of Their Own: The Rally		9.00 Film: Terminator 2: Judgment Day			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear				10.00 Guy Montgomery's Guy Mont-Spelling...	
	116 BBC4	7.00 Great British...	7.30 Wainwright...	8.00 The Treasures of Ancient Rome		9.10 Mary Beard's Ultimate Rome: Empire...		10.10 I, Claudius	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Family Guy			
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 The Roman Empire by Train with Alice...		10.00 24 Hours in Police Custody: The...	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Vanderpump Rules		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.50 The Penguin				9.00 House of the Dragon			10.15 Station Eleven
	110 U&GOLD	7.00 Only Fools and Horses	7.45 Dad's Army		8.25 Are You Being...	9.00 The Office	9.40 Porridge		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 Aussie Pickers		8.00 Beat the Chasers – Celebrity Special		9.00 Film: RoboCop			
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Bookish		9.10 Death in Paradise		10.10 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Voices of the Valleys		9.00 Bryn Terfel: Celtic Beethoven			10.25 Riverdance 25th...
	132 U&W	7.00 MasterChef Australia			8.25 Anton Danyluk on...	9.00 Signora Volpe			
DOCUMENTARY	125 DISCOVERY	7.00 Ant Anstead Master Mechanic				9.00 Jaws vs. Orca		10.00 Jurassic Sharks	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of Ancient Greece		9.00 Drain the Oceans: Deep Dive		10.00 Mysteries of Ancient Medicine	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Rust Valley Restorers		9.00 History's Greatest Warriors		10.00 Kursk: 10 Days That Shaped Putin	
	155 U&YESTERDAY	7.00 The Green Planet		8.00 Michael Palin: Travels of a Lifetime		9.00 Simon Reeve's South America		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 The Alien Autopsy Scandal		8.00 Blur: To the End				10.00 Barrow: The Truth Behind the...	

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** Hunting a stolen e-bike. (S)(R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Sarah Moore tries to trick the eye by updating a display cabinet. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition A package holding 400 years of fascinating history is revealed. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 You're Cordially Invited

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Mark tries to win Lauren's attention, while Mo and Jean search for ways to ease their money troubles. (S)(AD)

8 PM

8.00 **The Repair Shop** Experts restore a pair of original seats from Arsenal's Highbury stadium, a broken locket from World War Two, a shop ledger from 1909 and a chapel from a model village. (S)(R)(AD)

9 PM

9.00 **Murder 24/7** New edition 6/8. Part two of two. The documentary follows police attempts to build a case against Matthew Jonathan for the murder of Jamie Gawler – and the bloody footprint that provided a breakthrough. (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM PREMIERE **You're Cordially Invited** Comedy with Will Ferrell and Reese Witherspoon. A battle of wills erupts when the father of one bride and the sister of another discover their special days may be ruined because the wedding venue is double-booked. (S) (2025, 15, 105min) ★★★ *See review, page 26.* SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **The Hit List Celebrity Special** With Chloe Burrows, Aitch, Gladiators Sabre and Nitro, Lisa Riley and Dominic Brunt. (S)(R)
1.10 **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Quiz show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 LIVE **Cricket: The Hundred** Trent Rockets v Birmingham Phoenix: Coverage of the women's match from Trent Bridge in Nottingham. The Phoenix won the toss and elected to bat when these teams faced each other at Edgbaston last year, and went on to post a total of 148/5 from their 100 balls. Start-time is at 3.00. (S)

6.00 Cricket: The Hundred

7 PM

6.00 LIVE **Cricket: The Hundred** Trent Rockets v Birmingham Phoenix: Coverage of the men's match from Trent Bridge in Nottingham. The Rockets claimed a six-wicket victory when these teams clashed at Edgbaston last season, thanks largely to the efforts of fast bowler Lockie Ferguson, whose three wickets with his 20 balls helped restrict the Phoenix to 122/6, which the Rockets surpassed with 22 balls to spare. Start-time is at 6.30. (S)

8 PM

9 PM

9.30 **Live at the Apollo** Ria Lina hosts the comedy show at London's Hammersmith Apollo, introducing stand-up routines by comedians Lucy Beaumont and Josh Pugh. (S)(R)

10 PM

10.00 **Funeral Home Horror – The Big Cases** New edition The story of a debt-ridden undertaker who betrayed grieving families. (S)
10.30 **Newsnight** (S)
11.05 **Uncanny** 3/3. The case of a student house believed to be haunted by a malevolent entity, which is one of the most unsettling cases Danny Robins has come across. (S)(R)(AD)
12.05 AM **The Devil in the Family: The Fall of Ruby Franke** 2/3. Ruby starts to banish members of the family from their home. (S)(R)(AD)
12.55 **Sign Zone: Amityville: An Origin Story** 2/4. Ronnie DeFeo Jr is accused of murder. (S1) (S)(R)(AD)
1.50 **to 6.15** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Oldham, Manchester, where Simon Schneider is squeezed to splash the cash for some stunning candle sticks, and Michael Hogben is up to his old tricks. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as a contestant tries to open the 22 red boxes in the right order. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7 PM

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern takes a trip back to revisit two battles between hopeful players James and Jack, and the infamous Banker. (S)

8 PM

8.00 **Emmerdale** It is a sad day for the Dingles, as a decision is made to give Monty a good send-off. (S)(AD)
8.30 **Coronation Street** Lauren leaves Betsy to try and fend for herself. (S)(AD)

9 PM

9.00 **Who Wants to Be a Millionaire?** Big-prize quiz show hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family: Born Without Trace** Davina McCall and Nicky Campbell investigate the cases of abandoned foundlings from 1983 and 1960. (S)(R)(AD)
11.45 **The Assembly** Rapper Aitch is interviewed by a group of neurodivergent individuals. (S)(R)
12.10 AM **Teleshopping**
3.00 **Love & Death** 4/7. Allan grows concerned when his calls to Betty go unanswered. (S1) (S)(SL)(R)(AD)
3.50 **Inside the Langham: Britain's First Grand Hotel** (S)(SL)(R)(AD)
4.15 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Tom Kerridge Cooks Italy** From Umbria. (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 8-11/24. (S4) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** In Georgetown, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A permanent home in Almería, Spain. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** Sinkholes emerge around Elizabethan Pitchford Hall in Shropshire. (S)(R)(AD)
5.00 **Chateau DIY** Terry and Ashley uncover a nasty surprise behind their wood panelling. (S)(R)(AD)
6.00 **American Pickers** Mike makes a move on Gypsy Grandma, the queen of arcade games. (S)(R)(AD)

10.00 The Undeclared War

7 PM

7.00 **News** (S)

8 PM

8.00 **Extraordinary Extensions** New edition A couple who are turning their Surrey home into a Marbella-inspired party pad, complete with dance floor and pool house. Plus, experimental Chinese timber architecture in London. (S)(AD)

9 PM

9.00 **The Undeclared War** New episode 5/6. Barbara comes under Charlie's scrutiny as tragedy strikes GCHQ, while Danny, Saara and Roz try their best to help Vadim escape, and Danny makes an earth-shattering discovery. (S)(AD)

10 PM

10.00 **The Undeclared War** Series finale 6/6. Danny puts everything on the line to right some wrongs, while Roz and the team race against the clock to find out what the malware is searching for. (S2) (S)(AD)
■ Entire series on C4 streaming
11.00 **24 Hours in A&E** A man is rushed in after a motorbike crash. (S)(R)
12.05 AM **Celebrity Hunted** (S)(R)(AD)
1.50 **Ramsay's Kitchen Nightmares USA** From Nashville. (S)(SL)(R)
2.40 **Dictator: Hitler Interviews** (S)(R)
3.30 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
4.30 **Grand Designs** (S)(SL)(R)(AD)
5.20 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.15 FILM **A Town Called Murder** Thriller starring Kayleigh Ruller. (S)(R) (2023, PG, 105min) ★★
4.00 **Castle** *I, Witness:* 13/23. Castle witnesses the murder of an old schoolfriend by her husband. (S7) (S)(R)
4.55 **Love Nature** The colony of Atlantic puffins on St Kilda in the Outer Hebrides. (S)(R)
5.00 **5 News with Dan Walker** (S)
6.00 **Majorca: A Year in the Sun** Cameras focus on chef Marc Fosh, who celebrates the best of Majorca's produce. (S)(R)
6.55 **News** (S)

8.00 Casualty 24/7

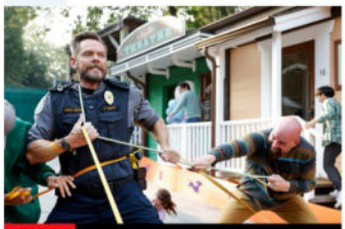
7.00 Car Pound Cops With exclusive access to car pounds, police forces and local council enforcement agencies, cameras track cars as they are seized for a variety of offences. (S)(R)
7.55 **News** (S)
8.00 Casualty 24/7: Every Second Counts Series finale Former nurse Sandra is brought in with a suspected dislocated ankle, and paramedics rush in a 70-year-old with a very low heart rate. (S)
9.00 999: Critical Condition New edition Charlotte arrives with serious injuries following a car crash and Graham faces a hugely risky, potentially life-saving surgery to remove a tumour located in the lining of his brain. (S)
10.00 Ambulance: Code Red Paramedics respond to calls of a man who has collapsed in a hotel, a head-on collision between two motorcyclists, and a woman with a broken leg. (S)(R)(AD)
11.05 **Cause of Death** Police investigate when the body of a man is found in a field. (S)(R)
12.05 AM **A&E After Dark** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** (R)
2.50 **Castle** As 4.00pm. (S)(R)
3.40 **Friends** 6&7/24. (S9) (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Moon: Nature's Secret Force** Documentary. (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S8&1) (S)(R)(AD)
5.00 **The Simpsons** *Homer v Lisa and the Eighth Commandment:* Homer taps into cable TV. (S)(R) **5.30** *Dancin' Homer:* Homer becomes his local baseball team's mascot. (S)(R)
6.00 **Animal Control** 10/10.The team must scour the city to fill the kennel in time. (S3) (S)(R) **6.30** 1/12. Budget cuts force the precincts to merge. (S4) (S)(R)



6.30 Animal Control

7.00 The Simpsons *Bart's Dog Gets an F:* Featuring the guest voice of Tracey Ullman. (S)(R) **7.30** *Principal Charming:* Homer arranges a date between Principal Skinner and Marge's sister. (S)(R)
8.00 A League of Their Own: The Rally Romesh Ranganathan has more surprises for Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis as they head through rural France to the Alps. (S)(R)(AD)
9.00 FILM **Terminator 2: Judgment Day** Director James Cameron's blockbuster sci-fi action thriller sequel starring Arnold Schwarzenegger. The Terminator is back, but this time he has to protect mankind's future saviour, John Connor, not destroy him. With Linda Hamilton and Edward Furlong. (1991, 15, 150min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.30 **Animal Control** (S3&4) (S)(R)
12.30 AM **Grimm** 6/13. A hotel guest claims to be haunted by a frightening creature. (S6) (S)(R)
1.30 **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.30 **Road Wars** Police officers combat vehicle crime. (R)
3.00 **Hawaii Five-0** 24/25. Gabriel is targeted by gunmen. (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.25am Scotcast (S)(R) **12.55** The Hit List Celebrity Special (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Shift the Thrift (S)(R) **8.30-9.00** Our Lives: The Last Miner in the Band New edition (S) **10.40** NEW Undercover: Cancer Cure or Con? (S) **11.00** FILM PREMIERE You're Cordially Invited (S) (2025, 15, 105min) ★★★ **12.45am** The Hit List Celebrity Special (S)(R) **1.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.30-10.00pm The Band: Docu-soap. (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **10.00** Blociau Rhif **10.05** Crawc a'i Ffrindiau **10.15** Deian a Loli **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.30** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **9.30** Pawb a'i Farn New edition **10.30** Y Babell Lên New edition **11.00pm-12.05am** Ty Ffit

TV&Streaming week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Searching for the world's fastest fish. **7.30** Steve Backshall encounters blacktip sharks.
8.00 **Top Gear** The Lotus T125 and a demolition challenge. **9.00** A road trip across Australia's Northern Territory.
10.00 NEW SERIES **Guy Montgomery's Guy Mont-Spelling Bee** 1/10. Hannah Gadsby and Lloyd Langford join comedians taking on the spelling test. **10.50** New edition 2/10. Love is in the air as Hannah Gadsby takes on a panel of comedians to spell their way through a dating round. ■ Entire series on BBC iPlayer
11.40 **Dinosaur** 1-3/6. Triple bill of the comedy series starring Ashley Storrie. (S1)
1.00 AM **Jesy Nelson: Odd One Out** Documentary.
2.00 **James Arthur: Out of Our Minds**
3.00 **to 4.00** AM **Zara McDermott: Disordered Eating**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Exploring York, a paradise for rail enthusiasts.
7.30 **Wainwright Walks** Scaling the demanding mountain Blencathra.
8.00 **The Treasures of Ancient Rome** How the Romans' obsession with violence and sex was reflected in their art.
8.55 **Mary Beard Remembers – Ultimate Rome: Empire Without Limit** The historian looks back to her 2016 documentary series.
9.10 **Mary Beard's Ultimate Rome: Empire Without Limit** The revolutions and myths of the Roman Empire.
10.10 **I, Claudius** 3/12. A marriage is arranged for Claudius. (S1)
11.05 **I, Claudius** 4/12. (S1)
11.55 **The Treasures of Ancient Rome** As 8.00pm.
12.55 AM **Wainwright Walks**
1.55 **Mary Beard's Ultimate Rome: Empire Without Limit** As shown at 9.10pm.
2.55 **to 3.25** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from south London.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a 1984 Opel Manta GTE. **6.50** Tim and Fuzz take on a 1963 Citroen HY Van for a family whose lives were torn apart by the Manchester Arena bombing in 2017.
7.55 **Grand Designs** Natasha Cargill wants to build a home shaped like two enormous periscopes in rural Norfolk, but she must adhere to strict planning constraints to ensure she can live there.
9.00 **The Roman Empire by Train with Alice Roberts** The presenter explores key sites of the Roman empire.
10.00 **24 Hours in Police Custody: The Butcher of Suburbia** A look at the inside story of the murder of a 74-year-old woman. **11.05** A suspect in custody admits to the crime, but the confession is only the start.
12.10 AM **999: On the Front Line** Paramedics try to help with an overdose victim.
1.15 **24 Hours in Police Custody: The Butcher of Suburbia** Double bill.
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** In Newcastle-upon-Tyne.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** A belly flop montage.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Triple bill.
6.30 **Hollyoaks** Beth and Frankie have a shouting match. **7.00** Vicky hides the truth from her family.
7.30 **The Simpsons** *How Lisa Got Her Marge Back:* Marge and Lisa meet a stage star while visiting Capitol City.
8.00 **Vanderpump Rules** New edition Venus confronts Marcus and Kim.
9.00 **Gogglebox** *Family Fortunes* and *The Crown* are appraised. **10.00** Programmes reviewed include *The Crown*.
11.05 **Naked Attraction**
12.05 AM **First Dates at Christmas** Reality series.
1.05 **Gogglebox**
2.10 **Vanderpump Rules**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **The Simpsons**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Wednesday primetime

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 18/22. (S6)
12.00 NOON **FBI** 5&6/19. (S2)
2.00 PM **The Rookie** 6/22. Wesley grows increasingly concerned about his deposition. (S5)
3.00 **Law & Order: Criminal Intent** 5/16. A war veteran is accused of killing an escort's boyfriend. (S9)
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Fire Country** New episode *Your Voice in My Head:* 6/20. Station 42 respond to a dangerous fire at a local smokehouse. (S4)

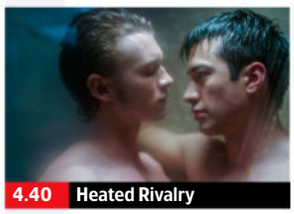
10 PM
10.00 **FBI: International** *Yesterday's Miracle:* 5/22. The Fly Team search for a missing Romanian surrogate. (S2)
11.00 **The Rookie** 2/22. (S5)
12.00 M'T **FBI** 19&20/22. (S1)
2.00 AM **CIA** New episode 3/12. Nikki's cover is blown. (S1)
3.00 **The Force: Manchester**
4.00 **Road Wars**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 7&8/12. (S4)
10.20 **Heated Rivalry** 1&2/6. (S1)
12.30 PM **Homicide: Life on the Street** 14&15/22. (S4)
2.30 **Billions** 7&8/12. (S4)
4.40 **Heated Rivalry** 3&4/6. (S1)
6.50 **The Penguin** 1/8. Drama spin-off from *The Batman* film, starring Colin Farrell. In the wake of the death of his boss Carmine Falcone, Oz Cobb attempts to legitimise himself within Gotham's criminal underworld. (S1)


4.40 Heated Rivalry

7.55 **The Penguin** *Inside Man:* 2/8. Sofia works to secure her family's strength, while Oz attempts to play both the Falcone and Maroni families to his advantage. (S1)

9.00 **House of the Dragon** 7/8. *Game of Thrones* prequel following the story of House Targaryen, starring Matt Smith. (S3)

10.15 **Station Eleven** *Hurricane:* 3/10. Miranda reflects on the cost of her relationships with Arthur and Dr Eleven. (S1)
11.15 **Station Eleven** 4/10. (S1)
12.15 AM **True Detective: Night Country** 4/6. (S4)
1.30 **Sort Of** 7/8. (S2)
2.00 NEW SERIES **Possession** 1/5.
3.00 New episode 2/5. (S1)
4.05 **Billions** 6/12. (S4)
5.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Orange...**
9.20 **The Only Way Is Essex**
10.15 **Dawson's Creek** 3/13. (S1)
11.10 **Charmed** 3/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

7.00 **The Floor USA** New edition The Floor is on a mission to take a major player down.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Family Guy** 1/21. Brian and Stewie visit alternative universes.
9.30 2/21. Lois discovers that she is Jewish. (S8)

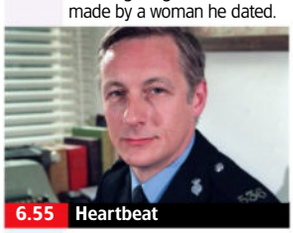
10.00 **Family Guy** 6/12. Peter campaigns for immigration rights. (S6)
10.30 1/16. Brian's girlfriend leaves him. (S7)
11.05 **Family Guy** 2/16. Peter becomes obsessed with a hit song from 1963. (S7)
11.35 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S13)
1.00 **The Real Housewives of Orange County** Double bill.
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.40 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *The Witches of Angel's Rise:* A body surrounded by ritual symbols is discovered.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Love Hurts:* Sergeant Merton is suspended following allegations of theft made by a woman he dated.


6.55 Heartbeat

6.55 **Heartbeat** *Windows of Opportunity:* The bobbies of Aidensfield try to get to the bottom of a series of burglaries.

8.00 **Midsomer Murders** *Blood on the Saddle:* A land dispute leads to murder during a cowboy fair run by the Wild West Society of a Midsomer village. Guest stars Kenneth Cranham.

10.00 **Grantchester** 1/6. Will and Geordie investigate when a student from a prestigious all-female college is found dead. (S5)
11.00 **Grantchester** 2/6. Will and Leonard witness a deadly and deliberate hit-and-run. (S5)
11.50 **Trial & Retribution** 5/10. A teacher is found dead. (S10)
12.50 AM **Wycliffe** 3/6. (S5)
2.00 **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.05 **Boon**
10.15 **The Professionals**
11.25 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.40 **Boon**
4.50 **The Professionals** *Where the Jungle Ends:* Mercenaries and guerrillas wage a war on the streets of Britain.
5.55 **Minder** *All About Scoring, Innit:* Arthur cashes in on a footballer's disappearance.

7.00 Aussie Pickers

7.00 **Aussie Pickers** Featuring a memorable collection of Aussie memorabilia.

8.00 **Beat the Chasers – Celebrity Special** With Nish Kumar, Chris McCausland, Mary Earps and Alexander Armstrong.

9.00 **FILM RoboCop** Sci-fi crime thriller starring Peter Weller. A murdered cop is transformed into an indestructible cyborg policeman. With Nancy Allen and Dan O'Herlihy. (1987, 18, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley and Jay White.
1.05 AM **Minder** *All Mod Cons:* Arthur tries to sell Terry's flat without telling him.
2.00 **to 3.00** AM **The Professionals**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year 2024** Three houses in the south.
8.00 **Island Crossings** The MV *Isle of Mull* is taken to dry dock for its annual overhaul.
9.00 **David Wilson's Crime Files** Some of Scotland's most notorious miscarriages of justice.
10.00 **River City** New episode Mulvaney is left desolate when his attempt to help Francis backfires.
10.30 **Icons of Football** A profile of former Celtic and Barcelona striker Henrik Larsson.
11.00 **Scotcast** Discussion on Scotland's news stories.
11.30 PM **to 12.00** M'T **Des Doesn't Do – Winter Sports** Des Clarke faces his aversion to winter sports.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 7&8/8. (S2)
10.00 **Upright** 1&2/8. (S1)
11.15 **Will & Grace** (S7)
12.15 PM **Avenue 5** (S2)
1.30 **Upright** 1&2/8. (S1)
2.45 **Will & Grace** (S6)
3.45 **Hacks** 8&9/10. (S5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 17/19. Jim takes to the golf course with Andy and Kevin in the hope of landing a major client. **7.30** 18/19. Part one of two. Phyllis puts on a huge bash for Toby's goodbye party. (S4)
8.00 **The Reluctant Landlord**
9.00 **Last Week Tonight with John Oliver** Talk show.
9.45 **Ellie Taylor: Palavering!**
10.45 **Hacks** 8&9/10. (S5)
12.05 AM **Hitmen** (S1)
1.05 **Community** (S1)
2.05 **The Chair Company**
2.40 **Upright** 5&6/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live: A Film Music Spectacular**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Seventies**
4.00 **Discovering**
5.00 **Best of Portrait Artist of the Year 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Voices of the Valleys**
9.00 **Bryn Terfel: Celtic Beethoven**
10.25 **Riverdance 25th Anniversary Show**
12.25 AM **The Eighties**
1.20 **Rik Mayall's Sketches: Rare and Unseen**
2.15 **Cleo Laine: The Unseen Home Movies**
3.10 **World War II & Cinema**
4.05 **Sky Arts Book Club**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 24/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *In Theory:* 25/26. Data experiments with his emotions by pursuing love. (S4)
8.00 **Police 24/7**
9.00 **The Rookie** (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five police colleagues take part.
3.00 **Wheel of Fortune** Graham Norton hosts the game show.
4.00 **Riddiculous for Soccer Aid** With David James, Maisie Adam and Rickie Haywood-Williams.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the supermarket-based game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous for Soccer Aid** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun: Home or Away**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Britain's Favourite Railway Stations with Si King** From Glasgow.
8.00 **Dover 24/7: Britain's Busiest Port** Border Force officers are on the hunt for illegal meat.
9.00 **The Piano** Claudia Winkleman and Mika are joined by Jools Holland.
10.00 FILM **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★
12.40 AM **Surgery Secrets of the Super Rich**
1.45 **Secret Lives of Gypsy Wives** Documentary.
2.50 **Secrets of the Celebrity Sex Tapes**
3.50 **to 4.50** AM **Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 9&10/13. (S3)
4.00 **Stargate SG-1** 1/20. (S8)
5.00 **Star Trek: Voyager** 17/26. Paris and Kim are kidnapped by holodeck characters. (S6)
6.00 **Star Trek: Enterprise** 14/24. Archer tries to deceive Degra, creator of the Xindi superweapon, into giving away the device's location. (S3)

6.00 Star Trek: Enterprise

7.00 **Stargate Atlantis** *Tabula Rasa:* 6/20. A deadly virus sweeps through Atlantis causing the entire expedition. (S4)
8.00 **Stargate SG-1** *New Order – Part One:* 1/20. Carter and Teal'c attempt to find the Asgard in a bid to cure O'Neill. (S8)
9.00 **Resident Alien** *Girls' Night:* 3/16. Harry meets a woman unlike any other and realises she is the key to his new mission. (S2)
10.00 **Grimm** *The Beginning of the End – Part One:* 21/22. Adalind and Renard learn to deal with their new reality with Diana. (S5)
11.00 **The Walking Dead** 11/16. An Alexandrian resident is stranded within the Saviors' compound. (S7)
12.00 M'T **Resident Alien** 2/16. Harry has a plan to save Asta and himself. (S2)
1.00 AM **Warehouse 13** (S3)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 14/22. (S5)
11.00 **Hudson & Rex** 11/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 14/22. (S5)
5.00 **Hudson & Rex** 11/16. Rex investigates the theft of a champion horse. (S6)
6.00 **Body of Proof** 5/9. There is a fatality at the hospital she used to work at. (S1)

8.00 Bookish

7.00 **Private Eyes** *Six Feet Blunder:* 8/18. Angie and Shade investigate the disappearance of a body from a mortuary. (S2)
8.00 **Bookish** *Slightly Foxed – Part One:* 1/6. Drama starring Mark Gatiss as a bookseller who helps the police solve the strangest of crimes. (S1)
9.10 **Death in Paradise** 3/8. The team investigate the murder of an estate agent during the sale of a beach. (S12)
10.10 **Father Brown** *The Sisters of Aeschylus:* Murder ensues when a group of writers are invited to Montague.
11.10 **Private Eyes** As 7.00pm.
12.10 AM **Shakespeare & Hathaway: Private Investigators** 8/10. The duo work out what happened to an amnesiac. (S2)
1.10 **Death in Paradise** As 9.10pm.
2.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Going Straight**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army: Lost Episodes**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Going Straight**
4.20 **Dad's Army: Lost Episodes**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

6.20 Keeping Up Appearances

7.00 **Only Fools and Horses** Del starts a chandelier-cleaning business.
7.45 **Dad's Army** Sgt Wilson has a personal problem to contend with.
8.25 **Are You Being Served?** Mr Grace decides to move with the times by filming an advertisement.
9.00 **The Office** Brent makes easy money moonlighting at a business seminar.
9.40 **Porridge** The inmates are given some time to pursue their hobbies.
10.20 **Not Going Out** Lee has to leave the flat when he gets a job as a caretaker.
11.00 **Mrs Brown's Boys**
11.35 **The Green Green Grass**
12.15 AM **The Office** As 9.00pm.
1.00 **Porridge** As 9.40pm.
1.35 **Not Going Out** As 10.20pm.
2.15 **Mrs Brown's Boys**
2.45 **Don't Wait Up**
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein: From Venice to Istanbul** From Albania.
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of Australia** Lord Howe Island.
4.00 **Rick Stein: From Venice to Istanbul** Double bill.
6.00 **Hairy Bikers' Best of British** The nation's shellfish.

7.40 Would I Lie to You?

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing the River Tay in Scotland.
7.40 **Would I Lie to You?** With Warwick Davis, Paul Hollywood, Jason Manford and Joan Bakewell. **8.20** With guests Matt Dawson, Mel Giedroyc and Dermot O'Leary,.
9.00 **QI XL** Jeremy Clarkson, Sandi Toksvig, Danny Baker and Alan Davies attempt to answer host Stephen Fry's questions.
10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the quiz show, with journalist Camilla Long and actor Miles Jupp.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Richard Osman.
3.00 **Richard Osman's House of Games** Quiz show.
3.30 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** The trio look for a piano for Gloria's surprise farewell party. **6.40** The trio get caught up in a disastrous business venture.

8.00 Sister Boniface Mysteries

7.20 **Last of the Summer Wine** Compo gets a chance to impress Nora Batty when Wally Batty threatens to leave home.
8.00 **Sister Boniface Mysteries** *Dead Air:* 8/12. Sister Boniface investigates a murder at a pirate radio station. (S2)
9.00 **The Chelsea Detective** *The Reliable Witness – Part Two:* 6/9. Emma denies murdering her own father. (S2)
10.00 **New Tricks** *The Last Laugh:* The squad reinvestigate the case of a political activist who disappeared after waging a campaign against a controversial comedian.
11.20 **Luther** 3/6. The detective faces suspension after Mark is beaten up. (S1)
12.40 AM **Lovejoy** 3/10. (S1)
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

Wednesday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 11-13/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Sub Rosa:* 7/23. A partially dissolved body is found in a bath of acid at a Navy base. **7.00** *Minimum Security:* 8/23. A Navy translator stationed at Guantanamo Bay, dies in mysterious circumstances. **8.00** *Marine Down:* 9/23. The team are forced to exhume the body of a Marine. (S1)
9.00 **Jesse Stone: Benefit of the Doubt** Detective thriller starring Tom Selleck. The cop works to bring the perpetrators of a Mob-related double homicide to justice.
10.55 **Law & Order: Special Victims Unit** (S18)
12.50 AM **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **FILM Crocodile Dundee II** Comedy adventure sequel starring Paul Hogan. Aussie trapper Mick 'Crocodile' Dundee tackles a Colombian drug gang after they kidnap his journalist girlfriend. (1988, PG, 111 min) ★★
11.20 **Special Forces: Most Daring Missions**
12.20 AM **Scam City**
1.20 **Cold Case Killers**
2.20 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
10.40 **Gunsmoke** (S12)
11.45 **FILM Night of the Grizzly** Western adventure starring Clint Walker and Martha Hyer. (1966, PG, 102min) ★★
1.50 PM **FILM The Jayhawkers!** Western. (1959, PG, 100min) ★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 12/20. (S5)
12.00 M'T **Britain's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Property Brothers at Home: Drew's Honeymoon House**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home: Drew's Honeymoon House**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The 20 hopefuls have a second and final chance.
8.25 **Anton Danyluk on Body Shame** The reality TV star explores the male body-image crisis.
9.00 **Signora Volpe** *Truffles and Treachery:* 3/3. When the son of an old friend is arrested for murder, Sylvia investigates. (S1)
11.00 **First Responders**
1.00 AM **One Born: What Happened Next?**
1.50 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow**
7.00 **The Green Planet** The methods plants use to thrive in the changing seasons.
8.00 **Michael Palin: Travels of a Lifetime**
9.00 **Simon Reeve's South America** From Peru.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** David Gest.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: Born Without Trace**
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** A collection of bow top caravans.
8.00 **Antiques Road Trip** From the West Midlands.
9.00 **Long Lost Family** A man who discovered his late mother had led a complicated life.
10.00 **Who Do You Think You Are?** With Olly Murs.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 6/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 11 & 12/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 11 & 12/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 18/22. Hawkeye is the target of bribery.
7.30 19/22. A boxing champion suffers a stroke on a publicity tour.
8.00 20/22. Hawkeye confides in Charles.
8.30 21/22. Colonel Potter faces a tough challenge. (S10)
9.00 FILM **A Caribbean Mystery** Crime drama. (1983, PG, 101min) ★★
11.00 **M*A*S*H** 18-21/22. (S10)
1.00 AM **Rising Damp** (S1)
1.30 **Man About the House**
2.00 **Air Rescue**
3.00 **to 4.50** AM **Highway to Heaven**

+1hour 257 61 263

Great! Action
318 317 426 42 33

9.00 AM **Raiders of the Lost Art: Van Gogh's Guardian**
10.00 **Murder Maps**
11.00 FILM **40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
1.00 PM **The Unit** 13/13. (S1)
2.00 **Burn Notice** (S2)
4.00 FILM **Predestination** Sci-fi thriller starring Ethan Hawke. (2014, 15, 98min) ★★★★
6.00 **The Unit** 13/13. (S1)
7.00 **Burn Notice** (S2)
9.00 FILM **End of a Gun** Thriller starring Steven Seagal and Jade Ewen. (2016, 15, 87min) ★★
10.55 **The Avengers** (S5)
11.55 **The New Avengers**
12.55 AM **The Persuaders!**
1.55 FILM **NYC: Tornado Terror** Disaster movie starring Nicole de Boer. (2008, PG, 90min) ★★
3.45 **Coast Guard Alaska**
5.15 **to 5.50** AM **Air Rescue**

+1hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **A Diagnosis of Murder** Crime drama starring Dick Van Dyke. (1992, PG, 88min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 16/23. (S4)
3.00 **Diagnosis Murder** (S5)
5.00 **Murder, She Wrote**
7.00 **Castle** 17/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries**
11.50 FILM **Flower Shop Mystery: Snipped in the Bud** Thriller sequel starring Brooke Shields and Brennan Elliott. (2016, PG, 90min) ★★
1.45 AM FILM **Ex-Wife Killer** Crime thriller starring Marguerite Moreau. (2017, PG, 95min) ★★
3.20 **to 5.00** AM FILM **Time of Death** Thriller with Kathleen Robertson. (2013, PG, 100min) ★★

+1hour 321

Great! Romance
322 319 424 52 47

8.10 AM FILM **Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
10.15 FILM **Love's Last Resort** Drama. (2017, PG) ★★
12.10 PM FILM **Summer in the Vineyard** Drama. (2017, PG, 82min) ★★
2.00 FILM **Autumn in the Vineyard** (2016) ★★
3.50 FILM **Vote One for Love** Drama. (2023, PG) ★★
5.50 FILM **The Engagement Dress** Romantic drama. (2023, PG, 90min) ★★
7.50 FILM **The Wedding Cottage** Comedy. (2023, PG, 84min) ★★
9.45 FILM **Bridal Wave** Romantic drama. (2015, PG, 84min) ★★
11.40 FILM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Autumn in the Vineyard** Drama. (2016, PG) ★★

+1hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Salford.
1.00 PM **My Floating Home**
2.00 FILM **Futtock's End** Silent comedy. (1970, 12, 47min) ★★
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **Edwardian Farm**
6.00 **My Floating Home**
7.00 **Love Your Garden**
8.00 **Garden Rescue** Transforming a garden full of weeds and cobble.
9.00 **The Two Ronnies in Australia** Australian comedy with the duo.
10.00 FILM **Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
12.00 M'T FILM **Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
2.00 AM **The Two Ronnies in Australia** As 9.00pm.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
10.30 **Bottle Boys** (S2)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin** (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Press Gang** (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin** (S1)
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **Bottle Boys** (S2)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase** S1)
8.30 **Randall and Hopkirk (Deceased)** 4/26. (S1)
9.30 **The New Statesman**
10.00 FILM **The Jekyll and Hyde Portfolio** Horror. (1971, 18, 81min) ★★
11.45 FILM **The Teacher** Thriller. (1974, 15) ★★
1.45 AM **Stereo Underground**
2.45 **Hank the Cowboy**
3.00 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Mysteries of the Missing** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip** Double bill.
7.00 **Aussie Gold Hunters**
9.00 **Tiny House, Big Living** New editions Building a man cave in Oregon.
9.30 A couple want to redesign their home.
10.00 A home with lots of custom elements.
10.30 An entrepreneur wants a vacation home.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Sophie Grigson: Slice of Italy** Sophie discovers how tomatoes are grown in Puglia.
9.30 Sophie learns how to make ricotta.
10.00 **Jamie Cooks Italy**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 3/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 19/22. (S2)
11.00 FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster movie. (2014, PG, 90min) ★
1.00 PM FILM **Triple Cross** Thriller. (1966, PG) ★★
3.25 FILM **The Gorgon** Hammer horror. (1964, 15, 83min) ★★★
5.00 **Star Trek** 10/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 20/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Young Americans** Thriller. (1993, 18, 99min) ★★
11.10 FILM **Donnie Brasco** Crime drama. (1997, 18, 126min) ★★★★
1.40 AM FILM **Red Sonja** Drama. (1985, 15) ★
3.30 **to 5.15** AM FILM **The Satanic Rites of Dracula** Hammer horror chiller. (1973, 18, 88min) ★★

Legend Xtra
316 316 171 69 138 51

9.00 AM FILM **MacShayne: Final Roll of the Dice** Drama. (1993, PG) ★★
11.00 **Andromeda** 12/22. (S4)
12.00 NOON FILM **Arctic Apocalypse** Drama. (2019, PG, 90min) ★
2.00 PM FILM **Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
7.00 **Andromeda** 13/22. (S4)
8.00 **The A-Team** 7/25. (S3)
9.00 FILM **Man of Tai Chi** Martial arts adventure starring Tiger Hu Chen. (2013, 15, 100min) ★★★
11.10 FILM **Cross the Line** Thriller with Luke Goss and Mischa Barton. (2015, 15, 87min) ★★
1.00 AM FILM **Man of Tai Chi**
3.05 FILM **The Day of the Triffids** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Cumbria.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Storage Hunters**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition
10.00 **Britain's X Files**
11.00 **Secrets in the Dark**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.55 **Ben Fogle: New Lives in the Wild** Norway.
11.55 **All Creatures Great and Small** (S4)
1.00 PM **Murder, She Wrote**
3.00 **Columbo** Crime drama.
4.35 **Around the World by Train with Tony Robinson**
5.00 **Great Gardens of Europe** In Mainau.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Angela Rippon's River Cruises** Angela begins with an adventure along the Danube.
10.00 **Keeping Faith** 4/6. Evan's imminent release brings conflicting emotions for Faith and her family. (S2)
11.05 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Great British Ships: Cutty Sark**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Theo Paphitis.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?** Quiz.
2.00 **Bridge of Lies** Quiz.
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Toyah Willcox.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Featuring Rita Simons and Bill Oddie.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase** Quiz
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **One Day in My Body** New editions Touching almost anything causes Ariana's 'butterfly skin' to blister and tear.
10.00 New prosthetics may be housebound Zahra's ticket to freedom, Mahogany's leg weighs nearly 100lbs due to lymphedema, and Joseph was born without a jaw.
11.00 **Unacceptable** Vittorio Angelone on a misunderstood Trump.
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S6)
11.00 **The Upper Hand** (S1)
1.10 PM **Impractical Jokers Summer Vacation**
1.40 **Friends** (S9&10)
7.25 **Friends** 9/18. Joey dates one of Phoebe's friends.
7.55 10/18. Rachel and Phoebe spot Chandler with a blonde beauty.
8.25 11/18. Guest stars Danny DeVito and Donny Osmond. (S10)
9.00 **Michael McIntyre's Big Show** With Ricky Wilson and Alison Hammond.
10.00 **8 Out of 10 Cats**
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **Gods of the Game**
1.10 **The Comedy Bus**
1.40 **South Park** (S7&8)
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S5)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** Variety show.
11.00 **Friends** (S4&5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S6)
7.00 **Michael McIntyre's Big Show** With Judge Rinder.
8.00 **The Upper Hand** (S1)
9.00 **Rhod Gilbert's Growing Pains** With Jack Dee.
10.00 **South Park**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Michael McIntyre's Big Show** Variety show.
3.00 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 4/11. (S7)
10.50 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 8/10. Drama. (S4)
2.45 **Minder** 5/11. (S4)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 4/11. (S7)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Rising Damp** 1/8. (S2)
6.45 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 9/11. (S1)
9.00 **Benidorm** 5/7. (S8)
10.00 **Shameless** 3/16. (S6)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 5/7. (S8)
1.00 **Minder** 4/10. (S5)
2.05 **Duty Free** 6/7. (S1)
2.30 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Daria** 8/13. (S1)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Judge Judy**
12.00 NOON **Catfish: The TV Show** Reality series.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids, Skint Holiday**
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Drag queen Grant gets the ultimate revenge.
10.00 **Ink Master** The fight for a shop continues as artists tattoo hometown animals.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo experience the worst case scenario in biking.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Individual transporters, post clocks and drum heads. **4.30** Air bags, jelly beans and domestic water heaters.
5.00 **Alaska: Homestead Rescue** Marty calls on homesteaders and a renovation team to help.

9.00 Jaws vs. Orca

7.00 **Ant Anstead Master Mechanic** Ant hits week seven of his Alfa build. **7.30** Ant's engine for the Alfa 158 is still missing.
8.00 **Ant Anstead Master Mechanic** Ant takes the completed Alfa to Austin. **8.30** Ant's Alfa build is on the home stretch.
9.00 NEW **Jaws vs. Orca** Experts provoke orcas to strike to reveal how killer whales hunt and take down great white sharks.
10.00 NEW **Jurassic Sharks** A team of marine biologists investigate the superpredators that once ruled the seas.
11.00 **The Alaska Triangle** Ghost hunters attempt to contact a powerful poltergeist.
12.00 M'T **Deadliest Catch**
1.00 AM **Jaws vs. Orca**
2.00 **Jurassic Sharks**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** With Dwyane Wade.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** Warden Mike Boone tracks down the culprits responsible for an illegal dumpsite.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier helps Kino, a hound in heat even though she has been spayed twice.

6.00 Dr Jeff

7.00 **Treehouse Masters** Pete Nelson and the gang look back at past builds, and the jokes they have played on each other.
8.00 **Preposterous Pets** Dog owners make over their poodles to compete in grooming contests.
9.00 **Alaska: The Last Frontier** Otto surveys the condition of his barge, while Eivin and Eve use explosives to clear land.
10.00 **Alaskan Bush People** The Browns try closing a deal to help restore a wind turbine. Plus, Noah gets bad news from his girl.
11.00 **In Search of Monsters** Investigators reveal a bold new theory about the origins of the Wendigo.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S.** A Toyota MR2.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Lost Treasures of Egypt**
5.00 **Atomic Ghost Fleet: Drain the Oceans** A sonar map of the wreckage at Bikini Atoll in the Pacific Ocean.
6.00 **Construction Fails** Exploring how the use of glass in construction can lead to devastating problems.

10.00 Mysteries of Ancient...

7.00 **Air Crash Investigation** A captain tries to stop his plane from crashing into the South China Sea after an engine failure.
8.00 **Lost Treasures of Ancient Greece** Archaeologists uncover the story of the civilization that built the Parthenon.
9.00 **Drain the Oceans: Deep Dive** Explore the tragic trail of wreckage at Pearl Harbour, including the HMS *Prince of Wales*.
10.00 **Mysteries of Ancient Medicine** New edition Archaeologists uncover ancient medical secrets.
11.00 **Air Crash Investigation** A turboprop falls into the sea.
12.00 M'T **Border Protection Spain** Attempts are made to track the signal of a narco-submarine.
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Great Escapes with Morgan Freeman** Triple bill.
9.15 **Pawn Stars** A rare fossil.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Rust Valley Restorers**
1.00 PM **Storage Wars**
2.00 **Storage Hunters**
6.00 **American Pickers** In Nebraska, the Wolfe brothers comb through Larry Land – an epic 27,000-square-foot hangar full of choice coin-op, carnival relics and more.

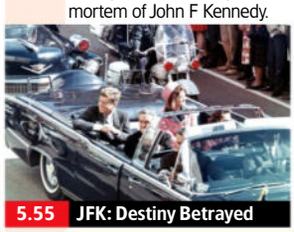
9.00 History's Greatest Warriors

7.00 **Forged in Fire** Four elite smiths are challenged to create an oversized version of a traditional pig hunting spear.
8.00 **Rust Valley Restorers** Authorities force Mike to make a surprising decision about the future of his Field of Dreams.
9.00 **History's Greatest Warriors** New edition The expertise and techniques of some of the greatest warriors in history.
10.00 **Kursk: 10 Days That Shaped Putin** An explosion onboard the *Kursk* submarine in the Barents Sea.
11.00 **Airport Security: USA** The mail centre at Newark intercepts marijuana.
12.00 M'T **Storage Hunters**
1.50 AM **Rust Valley Restorers** Mike and Avery recover an abandoned Volkswagen.
2.50 **History's Greatest Warriors**
3.40 **Pawn Stars** A rare fossil.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Bruce Willis**
8.00 **The Directors** Wes Anderson.
9.00 **100 Foot Wave**
10.00 **The Comedy Store**
11.05 **UFO** Documentary.
12.00 NOON **AKA Mr Chow**
1.50 PM **My Icon: Pam Cookey**
2.00 **Spitfire** The story of British single-seat fighter plane.
4.00 **The Directors** Wes Anderson.
5.00 **Discovering: Bruce Willis**
5.55 **JFK: Destiny Betrayed** An exploration of the post-mortem of John F Kennedy.


5.55 JFK: Destiny Betrayed

7.00 **The Alien Autopsy Scandal** The story of two music entrepreneurs who claimed to have footage of the corpse of an alien.
8.00 **Blur: To the End** Documentary tracing the relationship of the band's members over the course of three decades as they come together to record 10 new songs ahead of a show at Wembley Stadium.
10.00 **Barrow: The Truth Behind the Grooming Lie** Eleanor Williams, who made false claims of grooming gangs.
11.00 **Murder at the Post Office** The murder of postmistress Diana Garbutt in 2010. **12.00** M'T The prosecution alleges Robin was stealing from the Post Office.
1.00 AM **Murder at the Post Office**
2.00 **Kings from Queens: The Run DMC Story**
5.00 **to 6.00** AM **Discovering: Bruce Willis**

Wednesday 7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Car Hunters**
1.00 PM **World's Greatest Motorcycle Rides**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** With Catherine Southon and Serhat Ahmet.
8.00 **The Yorkshire Auction House** Double bill.
10.00 **The Repair Shop** Restoring a pair of wooden roller skates.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Killer in My Family** Factual crime.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death** Investigating the murders of two teenage girls.
7.00 **Judge Rinder's Crime Stories** Hollie Gazzard.
8.00 **Murder on CCTV**
10.00 **Crime Scene Investigators**
11.00 **Forensic Factor: A New Era** True-crime.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Michael O'Leary is killed by his friend.
8.00 **UK Crime Files: Serial Killer in the Making?**
9.00 **UK Crime Files: Railway Murders** The murder of William Saunderson-Smith.
10.00 **Bloodline Detectives** New edition The story of Teresa Solecki, who was murdered in 1984.
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: Serial Killer in the Making?** Alun Kyte.
1.00 AM **UK Crime Files: Railway Murders**
2.00 **Bloodline Detectives**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Massacre at Red Gables Hotel**
9.55 **UK Crime Files: Unravelling the Murder of Janet Commins**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Leanne Tiernan Murder**
3.00 **UK Crime Files: Secret Life and Public Death**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Four editions, including at: **6.00** Police investigate the murder of a teacher. **6.30** A tale in which cattle auctions were tainted by false cheques.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Frontline Crime UK** Documentary.
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Murdered at First Sight** Jermaine Cools.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Murder Nation**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Conquistadors: The Rise and Fall**
9.40 **Pirates: Behind the...**
10.40 **Iron Curtain: Living...**
11.55 **Hitler's Gold**
1.00 PM **America the Bountiful** Documentary.
1.35 **Conquistadors: The Rise and Fall**
2.35 **Hitler's Gold**
3.35 **Pirates: Behind the...**
4.35 **Iron Curtain: Living...**
5.50 **Hitler's Gold**
6.50 **Conquistadors: The Rise and Fall**
7.50 **Pirates: Behind the Legends** Documentary.
8.50 **Iron Curtain: Living Under Soviet Occupation**
10.00 **Hitler's Gold**
11.00 **Pirates: Behind the Legends** Documentary.
12.00 M'T **Iron Curtain: Living Under Soviet Occupation**
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life** Double bill.
8.00 **Zambia Untamed**
9.00 **Becoming Orangutan**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Zambia Untamed**
3.00 **Becoming Orangutan**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **Big Cat Country** Documentary about three dynasties of lions.
9.00 **Chasing the Rains** The clever way elephants dig wells.
10.00 **Big Cat Country** The four nomadic males head south.
11.00 **Dawn to Dusk**
12.00 M'T **Arabian Seas**
1.00 AM **Strange Creatures**
2.00 **Big Cat Country** As 8.00pm.
3.00 **Chasing the Rains** As 9.00pm.
4.00 **Zambia Untamed**
5.00 **to 6.00** AM **Becoming Orangutan**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **The Murder of Sally Anne Bowman: Crimes That Shook Britain** Documentary.
11.00 **Ancient Aliens**
6.00 PM **Mysteries from Above**
7.00 **Alien Files: Unsealed** The mysterious Blue Planet Project.
8.00 **The Secret Nazi Expeditions** The Third Reich's obsession with finding the Holy Grail.
9.00 **Hazardous History with Henry Winkler** A feast of food horrors from the past.
10.00 **Rome: Rise and Fall of an Empire** The life of Trajan, who ruled from 98 to 117AD.
11.00 **Ancient Aliens** The legacy of astronomer J Allen Hynek. **12.00** M'T Mysterious figures that appear to be half-human and half-bird.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens** Triple bill.
5.00 **to 6.00** AM **The Murder of Sally Anne Bowman: Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Incredible Engineering Blunders: Fixed**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made** Building MRI scanners and lampshades. **6.30** How biplanes are made. **7.00** Hospital laundry and horse replicas are under scrutiny. **7.30** Ceramic fireplaces and parking garage floor slabs. **8.00** How oil pressure sensors and neck restraints are made. **8.30** An insight into the building of mobile concert stages and manufacture of mascara.
9.00 **In Search of Monsters** Revealing a bold theory about the origins of the Wendigo. **10.00** Experts investigate evidence that links the elusive Yeti to America.
11.00 **Expedition X** Double bill.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Murdertown** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **Homicide Hunter**
7.00 **The First 48** Detective Jason White investigates his 100th case for Tulsa Homicide.
8.00 **Green Eyed Killers**
9.00 NEW **Sunday Morning Slasher: Carl Watts** The killer who confessed to 13 murders.
10.00 **Faces of Evil** Examining the nefarious deeds of some of the world's most infamous killers.
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **Sunday Morning Slasher: Carl Watts** As shown at 9.00pm.
3.00 **The Real Murders of Atlanta**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild India** An elephant calf.
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Nature's Nurseries**
3.00 **Protecting Paradise: The Story of Niue**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Dr Oakley awaits the birth of a litter of puppies. **6.00** Five muskox must undergo pregnancy tests.
7.00 **Secrets of the Zoo** A young Chuckwalla fights for survival.
8.00 **Venom Files: Anatomy of a Snake Bite** A journey into the deadliest venomous bites.
10.00 **When Sharks Attack 360** The team investigate a flurry of shark bites off the coast of Long Island.
11.00 **Snakes in the City**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **World's Deepest Goldmine**
8.00 **Combat Dealers**
9.00 **Lost Mines: Restored**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** How the creation of stars changed the cosmos for ever.
8.00 **World's Deepest Goldmine** Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah attempt to unravel the mystery of the Mayan empire's fate.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Britain's Ancient Capital: Secrets of Orkney**
12.00 NOON **Locomotion: Dan Snow's History of Railways**
1.00 PM **Britain's Ancient Capital: Secrets of Orkney**
4.00 **Locomotion: Dan Snow's History of Railways**
5.00 **Bangers & Cash: Restoring Classics** Double bill.
7.00 **Bangers & Cash: Restoring Classics** The team take on a fast Ford to see if a 'quick flip' could make a few quid. **8.00** A 90s Alfa with electrical issues lives up to its stereotype. **9.00** Derek sniffs out the last remaining Hillman GT. **10.00** A Reliant Scimitar GTC and a Honda CBR are restored. **11.00** The team are on the hunt to restore one of the greatest names in motoring history.
12.00 M'T **Bangers & Cash: Restoring Classics**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **Deadline: Crime with Tamron Hall** Documentary.
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Hometown Homicide**
7.00 **Calls from the Inside** When a former crime reporter is found murdered inside his home, investigators suspect his spouse, until intercepted jailhouse calls reveal the killer. **8.00** When a young mother of three vanishes on Mother's Day, police race to find her.
9.00 **Body Cam** A routine traffic stop turns violent as the suspect makes a risky getaway.
10.00 **American Detective with Lt Joe Kenda** The abduction and murder of a beloved teacher haunt the residents of a New England town for decades.
11.00 **Murder Comes to Town**
1.00 AM **Undercover Underage**
2.00 **Hometown Homicide**
4.00 **to 6.00** AM **Calls from the Inside**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** The last local standing goes up against Jeff Lutz.
9.00 **Mike Brewer: Born Dealer** Mike heads to Poland to avoid the dreaded British 'Porsche Tax'.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Motoring series.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Love Me** Sci-fi drama. (2024, 15, 91min)
8.10 **Lurker** As shown at 1.15am.
9.55 **Redux Redux** As 4.35am.
11.55 **Normal** As 8.00pm.
1.35 PM **Heretic** As 9.40pm.
3.35 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
6.00 **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban and Adeline Rudolph. (2024, 15, 116min) ★★★

6.00 Mortal Kombat II

8.00 Normal Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Heretic Horror starring Hugh Grant. Two young missionaries are forced to prove their faith when they knock on the wrong door and are greeted by the diabolical Mr Reed. (2024, 15, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. (2025, 12, 99min) ★★★
1.15 AM **Lurker** Crime drama starring Théodore Pellerin. (2025, 15, 100min)
3.00 **Primate** Horror thriller. (2025, 18, 92min) ★★★
4.35 **to 6.25** AM **Redux Redux** Fantasy adventure. (2025, 15, 109min) ★★★★

Sky Cinema Box Set

303 303 403 503 517

6.55 AM **Peter Rabbit 2: The Runaway** (2021, U) ★★★
8.35 **Justice League** Adventure. (2017, 12, 120min) ★★
10.40 **Superman** (2025, 12) ★★★★
12.50 PM **Men in Black** Comedy. (1997, PG, 94min) ★★★★
2.30 **Men in Black II** Comedy. (2002, PG, 88min) ★★★
4.10 **Men in Black 3** Comedy. (2012, PG, 105min) ★★★★
6.00 **Men in Black: International** Fantasy. (2019, 12) ★★★

8.00 The Mummy

8.00 The Mummy Action adventure starring Brendan Fraser, Rachel Weisz and John Hannah. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. With Arnold Vosloo. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Mummy Returns Adventure sequel starring Brendan Fraser. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Scorpion King** Fantasy with Dwayne Johnson. (2002, 12, 91min) ★★★
2.05 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★
4.05 **Sky Cinema Preview**
4.40 **to 6.40** AM **Men in Black: International** As 6.00pm.

Sky Cinema Drama

310 310 410 510 524

6.40 AM **Sundown** Drama with Tim Roth. (2021, 15, 82min) ★★★★
8.10 **Poison** Drama with Tim Roth. (2024, PG, 86min) ★★★★
9.45 **Don't Let's Go to the Dogs Tonight** Drama with Lexi Venter. (2024, 15, 99min) ★★★★
11.30 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
1.40 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
3.30 **Empire of the Sun** Drama. (1987, PG, 152min) ★★★★
6.05 **The Illusionist** Mystery starring Edward Norton and Jessica Biel. (2006, PG, 110min) ★★★★
8.00 **Valentine's Day** Romantic comedy about the intersecting paths of a series of LA couples on 14 February, starring Ashton Kutcher and Jennifer Garner. (2010, 12, 125min) ★★★
10.15 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
12.45 AM **The Brutalist** Drama starring Adrien Brody, Felicity Jones and Guy Pearce. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★
4.10 **to 6.10** AM **The Illusionist**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **The Parenting** Horror comedy. (2025, 15, 94min) ★★★
7.45 **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
9.25 **Nosferatu** Horror fantasy. (2024, 15, 132min) ★★★★
11.40 **Chappie** Sci-fi thriller with Dev Patel. (2015, 15, 120min) ★★
1.55 PM **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
4.20 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
6.05 **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
8.00 **The Chronicles of Riddick** Sci-fi adventure sequel starring Vin Diesel, Colm Feore, Judi Dench and Thandiwe Newton. (2004, 15, 119min) ★★★
10.15 **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Laia Costa. (2026, 18, 134min) ★★★
12.40 AM **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
2.55 **Anacondas: The Hunt for the Blood Orchid** Adventure sequel. (2004, 12, 97min) ★
4.45 **to 6.35** AM **The Crazies** Horror. (2010, 15, 101min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.15 AM **The Karate Kid Part II** Adventure. (1986, PG) ★★
8.10 **The Karate Kid: Part III** Adventure. (1989, PG) ★
10.05 **The Karate Kid** (2010) ★★★
12.25 PM **Wicked: For Good** Fantasy. (2025, PG) ★★★
2.50 **The Lord of the Rings: The Two Towers** Adventure. (2002, 12, 179min) ★★★★★
6.00 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★

6.00 The Return of the King

The Lord of the Rings: The Return of the King (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Ghostbusters: Afterlife** Supernatural comedy sequel starring Paul Rudd and Carrie Coon. A single mum and her kids realise their connection to the original Ghostbusters and the legacy their grandfather left behind. (2021, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Scooby-Doo** Adventure starring Freddie Prinze Jr. (2002, PG, 86min) ★★★
12.55 AM **Scooby-Doo 2: Monsters Unleashed** Adventure sequel starring Sarah Michelle Gellar. (2004, PG, 93min) ★★★
2.30 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
4.25 **to 6.05** AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★

Sky Cinema Action

306 306 407 507 521

6.45 AM **300** Epic adventure. (2006, 15, 116min) ★★★★
8.50 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
10.50 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
1.10 PM **Spider-Man 2** Fantasy. (2004, PG, 127min) ★★★★
3.30 **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
5.35 **The Running Man** Comedy. (2025, 15, 133min) ★★★

8.00 Spider-Man 3

8.00 **Spider-Man 3** Fantasy adventure starring Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality, so he must conquer his inner demons before he can defeat two adversaries. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.25 **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Kong: Skull Island** Action adventure with Tom Hiddleston. (2017, 12, 118min) ★★★★
2.20 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
4.30 **Sky Cinema Preview**
5.10 **to 7.00** AM **Cleaner** Thriller. (2025, 15, 97min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
8.15 **Gremlins 2: The New Batch** Comedy. (1990, 12) ★★★
10.15 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★★
12.30 PM **Yesterday** (2019, 12) ★★★
2.40 **Kingpin** (1996, 12) ★★★
4.40 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
6.20 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★

9.45 Mamma Mia!

8.00 **American Pie** Comedy starring Jason Biggs, Chris Klein and Natasha Lyonne. A group of teenage friends pledge to lose their virginity before the school prom – which is only three weeks away. (1999, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.45 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
1.45 AM **About Last Night** Comedy. (2014, 15, 98min) ★★
3.30 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
5.20 **to 7.15** AM **The Whole Nine Yards** Black comedy thriller. (2000, 15, 101min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Sky Cinema Preview**
7.45 **Lethal Weapon 3** Comedy sequel. (1992, 15, 118min) ★★
9.50 **Lethal Weapon 4** Thriller. (1998, 15, 128min) ★★★
12.00 NOON **The Perfect Storm** Drama. (2000, 12) ★★★★
2.15 PM **Cellular** Crime thriller. (2004, 15, 94min) ★★★
4.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
6.00 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★

8.00 Red Dragon

8.00 **Red Dragon** Crime thriller starring Edward Norton and Ralph Fiennes. A troubled former FBI agent is brought out of retirement to hunt down a serial killer and is forced to turn to his old nemesis for advice. (2002, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 **Se7en** Thriller starring Brad Pitt and Morgan Freeman. A veteran homicide detective and his young partner pursue a killer who is selecting his victims according to the Seven Deadly Sins. (1995, 18, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM **Snatch** Comedy drama starring Jason Statham. (2000, 18, 102min) ★★★★
2.05 **Fatal Attraction** Adrian Lyne's thriller with Michael Douglas. (1987, 15, 120min) ★★★★
4.15 **to 6.00** AM **Caddo Lake** Thriller. (2024, 12) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **My Spy** Action comedy. (2020, 12, 99min) ★★
12.55 PM **Monkey Business** Comedy. (1952, b/w, U, 97min) ★★★★
2.50 **The Siege at Red River** Western starring Van Johnson. (1954, PG, 86min) ★★★
4.35 **Heaven Knows, Mr Allison** Wartime romantic drama. (1957, PG, 100min) ★★★★
6.40 **Steel Magnolias** Drama. (1989, PG, 115min) ★★★★

9.00 Speed

Steel Magnolias (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Speed** Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. An LA cop tries to save the passengers on a bus that's wired to explode if it slows under 50mph. (1994, 15, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Ambulance** Crime drama starring Jake Gyllenhaal. A man desperate for money asks for help from his criminal adoptive brother who offers him a score, but their getaway goes wrong. (2022, 15, 136min) ★★★★
2.00 **to 3.45** AM **Downhill** Comedy starring Julia Louis-Dreyfus and Will Ferrell. (2020, 15, 86min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

7.30 AM **Happy Feet** Animation. (2006, U, 108min) ★★★★
9.25 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
11.10 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
1.00 PM **The Secret Life of Pets** Animation. (2016, U) ★★★
2.30 **The Secret Life of Pets 2** Animated adventure sequel. (2019, U, 86min) ★★★
4.00 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
5.35 **Shaun the Sheep Movie** Animated comedy adventure. (2015, U, 85min) ★★★★
7.05 **A Shaun the Sheep Movie: Farmageddon** Animation with the voice of Justin Fletcher. (2019, U, 86min) ★★★★
8.35 **Hotel Transylvania** Animation with the voice of Adam Sandler. (2012, U, 91min) ★★★★
10.10 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
11.45 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
1.25 AM **Antz** (1998, PG) ★★★
2.55 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
4.35 **to 6.15** AM **The Angry Birds Movie 2** (2019, U) ★★★

Sky Cinema Greats

307 307 404 504 518

6.30 AM **Birdy** As 10.10pm.
8.35 **Full Metal Jacket** War drama. (1987, 15, 115min) ★★★★
10.35 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
12.45 PM **The African Queen** Adventure with Humphrey Bogart. (1951, U, 100min) ★★★★★
2.35 **Stand by Me** Drama starring Wil Wheaton and River Phoenix. (1986, 15, 89min) ★★★★★
4.05 **Legends of the Fall** Sweeping period drama starring Brad Pitt. (1994, 15, 133min) ★★★★
6.20 **Cat Ballou** Western starring Jane Fonda and Lee Marvin. (1965, PG, 96min) ★★★★
8.00 **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★
10.10 **Birdy** Drama starring Nicolas Cage and Matthew Modine as friends who are reunited as war veterans in a psychiatric hospital. (1984, 15, 120min) ★★★★
12.15 AM **The 'burbs** Comedy starring Tom Hanks. Three suspicious neighbours try to discover the truth about a strange family. (1989, PG, 103min) ★★★
2.05 **Cat Ballou** As 6.20pm.
3.45 **to 6.00** AM **Legends of the Fall** As shown at 4.05pm.

Disney+ Cinema

305 305

6.00 AM **Mulan** Animated adventure. (1998, U, 88min) ★★★
7.35 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
9.10 **The Parent Trap** Comedy. (1998, PG, 122min) ★★★
11.20 **WALL•E** Animated adventure. (2008, U, 98min) ★★★★
1.00 PM **Up** Animated comedy featuring the voice of Ed Asner. (2009, U, 96min) ★★★★★
2.35 **The Lion King** Animation. (2019, PG, 118min) ★★★
4.10 **A Bug's Life** Animated fantasy. (1998, U, 94min) ★★★★★
5.45 **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
7.35 **Inspector Gadget** Comedy. (1999, U, 77min) ★★★
9.00 **Logan** Fantasy adventure. (2017, 15, 132min) ★★★★
11.15 **A Complete Unknown** Biopic starring Timothée Chalamet. (2024, 15, 140min) ★★★★
1.40 AM **A Real Pain** Comedy drama starring Kieran Culkin. (2024, 15, 90min) ★★★★★
3.15 **Dodgeball: A True Underdog Story** Sports comedy. (2004, 12, 92min) ★★★★
4.50 **to 6.00** AM **Bambi** Animation. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
9.00 **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★
11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 PM **An Alpine Holiday** Romantic comedy drama. (2025, U, 90min) ★★
3.00 **Mystery Island: House Rules** Drama. (2024, PG, 84min) ★★
5.00 **The Love Issue** Romantic drama. (2023, PG, 85min) ★★
7.00 **Something's Brewing** Romantic drama starring Kristi Murdock. As a woman's life spins out of control, she finds hope and new love in a local coffee shop. (2023, PG, 89min) ★★
9.00 **A Whitewater Romance** Drama starring Cindy Busby. At a business retreat, a woman meets a fierce competitor, who she is forced to pair up with for activities. (2024, U, 84min) ★★
11.00 **A Suite Holiday Romance** Drama. (2025, PG, 90min) ★★
1.00 AM **My Dreams of You** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Falling Together** Drama. (2024, U, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Sandokan: Pirate of Malaysia** Seafaring adventure. (1964, PG, 110min) ★★
8.10 **Guilty?** Courtroom drama. (1956, b/w, PG, 93min) ★★
10.00 **The First of the Few** Biopic. (1942, b/w, U, 114min) ★★★★
12.20 PM **Scotland Yard** 6/39. (S1)
1.00 **The Buccaneers** 21/39. (S1)
1.35 **London's Canal Ride in the 1950s** The sights of London.
1.45 **Up in the World** Comedy. (1956, b/w, U, 91min) ★★★
3.30 **Look at Life** Documentary.
3.45 **Dial 999** 22/39. (S1)
4.20 **The Bells Go Down** Drama. (1943, b/w, U, 85min) ★★★
6.10 **So This Is London** Short film.
6.30 **Give Us a Clue**
7.00 **Out of Town** Documentary.
7.30 **Travelling Man** 6/7. (S2)
8.35 **An Englishman Abroad** Drama.
9.50 **From Here to Eternity** Drama starring Burt Lancaster. (1953, b/w, PG, 118min) ★★★★
12.10 AM **The Brave Don't Cry** Drama starring John Gregson. (1952, b/w, U, 90min) ★★
2.00 **The Night Visitor** Psychological thriller starring Liv Ullmann. (1970, 18, 102min) ★★
4.00 **Stagecoach West** 21/38. (S1)
5.00 **to 6.00** AM **Railway Murders**

Wednesday

Sky Sports Main Event
401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 LIVE **The Hundred** **Manchester Super Giants v Welsh Fire.** Coverage of the women's match from Old Trafford Cricket Ground in Manchester. Start-time **11.30am**.
2.30 PM LIVE **The Hundred** **Manchester Super Giants v Welsh Fire.** Coverage of the men's match from Old Trafford Cricket Ground, Manchester. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Trent Rockets v Birmingham Phoenix.** Coverage of the men's match from Trent Bridge in Nottingham. The Rockets claimed a six-wicket victory when these teams clashed at Edgbaston last season. Start-time is at **6.30pm**.
9.30 LIVE **WTA & ATP Tennis** Day four of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event staged in Toronto, where the second round is scheduled to conclude.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League
402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Best PL Goals 2017/18**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **SNF** Bournemouth v Liverpool at Vitality Stadium.
1.30 **Premier League Highlights**
2.30 **FNF** Liverpool v Bournemouth.
3.00 **MNF Hlts** Newcastle v Liverpool.
3.30 **Premier League Highlights** Liverpool v Arsenal at Anfield. **4.00** Tottenham v Liverpool. **4.30** Liverpool v West Ham Utd. **5.00** Everton v Liverpool.
5.30 **Transfer 360** Double bill.
6.30 **Premier League Stories**
7.00 **The Transfer Show**
8.00 **Premier League Stories** A look behind the scenes of the PL.
8.30 **Mo Salah: When He Was King**
9.00 **Transfer 360** Double bill.
10.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 2024/25 season.
1.00 AM **PL Retro** Newcastle v Manchester Utd from 1996/97.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2017/18**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football
403 403 503 421 441

6.00 AM **EFL** The 2020 play-off finals.
9.00 **SPFL Round-Up**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Swansea City v Bradford City in the 2013 final.
12.00 NOON **EFL Highlights**
1.00 PM **EFL** Bolton Wanderers v Oxford United from 2023/24.
2.00 **EFL Highlights** Action from Leeds United v Southampton.
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
6.00 **SPFL Highlights**
6.30 **EFL Highlights** The 2024/25 League One and Two play-offs.
8.30 **EFL** Highlights of Sheffield United v Sunderland in the 2024/25 Championship play-off final.
9.30 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
11.30 **SPFL Highlights**
12.00 M'T **Championship Retro** Charlton Athletic v Sunderland in the 1998 C'ship play-off final.
2.45 AM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket
405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
11.15 LIVE **The Hundred** **Manchester Super Giants v Welsh Fire.** Coverage of the women's match from Old Trafford Cricket Ground in Manchester. Start-time **11.30am**.
2.30 PM LIVE **The Hundred** **Manchester Super Giants v Welsh Fire.** Coverage of the men's match staged at Old Trafford Cricket Ground, Manchester. The Fire won this meeting last year in Cardiff by 25 runs. Start-time is at **3.00pm**.
6.00 LIVE **The Hundred** **Trent Rockets v Birmingham Phoenix.** Coverage of the men's match from Trent Bridge in Nottingham. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.30 **The Hundred** Manchester Super Giants v Welsh Fire from Emirates Old Trafford Cricket Ground.
2.00 AM **The Hundred Bitesize**
2.30 **The Hundred** Manchester Super Giants v Welsh Fire from Emirates Old Trafford Cricket Ground.
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf
406 406 506 423 443

6.00 AM **LPGA Tour Golf**
7.00 **US Women's Open Golf**
8.00 **Women's PGA Championship**
9.00 **LPGA Tour Golf**
10.00 **Women's Golf** Women's Open.
5.00 PM **Hall or Nothing: Georgia's Story** Documentary.
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Estonian Challenge.
8.00 **PGA Tour Golf** Action from day four of the Rocket Classic.
9.00 **Women's Golf** Day four of the Women's Open Championship.
10.00 **Legends Tour Golf** Action from the OFX Irish Legends.
11.00 **PGA Tour: The Cut**
11.30 **HotelPlanner Tour Golf Highlights** Estonian Challenge.
12.00 M'T **Women's Golf**
1.00 AM **How the 1995 Ryder Cup Was Won** Action from New York.
3.00 **PGA Tour Golf** Highlights.
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis
408 408 508 425 445

6.00 AM **WTA Tennis** Prague Open.
7.00 **ATP Tennis** Los Cabos Open.
8.00 **Tennis** Canadian Open.
11.00 **WTA Tennis** Recent highlights.
12.00 NOON **Tennis** A review of the Washington DC Open.
1.00 PM **WTA & ATP Tennis** The third day of the Canadian Open.
4.00 LIVE **WTA & ATP Tennis** Coverage from the fourth day of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1
410 413 521 408 430

6.00 AM **WRC Review** Rally Finland.
7.00 **Men's Cycling** Tour of Poland.
8.00 **Tour de France Women**
9.00 **Test Cricket Highlights**
10.00 **Premier League Stories**
10.30 **Champions League Goals**
10.45 **Inside the Game**
11.00 **British Superbikes Rewind**
11.15 **The Gruppetto** Cycling news.
11.30 **Tour de France Women**
12.30 PM LIVE **Tour de France Women** Coverage of the fifth stage, a 140km route from Macon to Belleville-en-Beaujolais.
5.45 **Premier League Stories**
6.15 **MLB Highlights**
7.15 LIVE **MLB** **Chicago Cubs v Los Angeles Dodgers.** Coverage from Wrigley Field. Start-time is at **7.20pm**.
10.00 **MLB Plays of the Week**
10.30 **TNT Sports Reload**
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB** **New York Yankees v St Louis Cardinals.** Coverage from Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Plays of the Week**
3.30 **to 6.30** AM LIVE **World Series of Poker** The final day of the final table main event.

TNT Sports 2
411 414 522 409 431

6.00 AM **MotoGP Classics**
10.00 **MotoGP Classics: Silverstone 2014**
11.00 **TNT Sports Cricket Reload**
11.30 **Test Cricket Highlights** Action from West Indies v Pakistan at Brian Lara Cricket Academy. **1.30** PM West Indies v Pakistan staged at Queen's Park Oval.
2.30 LIVE **Test Cricket** **West Indies v Pakistan.** Coverage of the fourth day of the second and final Test in the series staged at Queen's Park Oval in Trinidad and Tobago. The two sides last met in this format in a two-match contest in Pakistan in January 2025. Pakistan won the first game thanks to a resounding 127-run win before the West Indies fought back to claim the second Test by an equally-impressive 120-run victory.
11.00 **TNT Sports Cricket Reload**
12.00 M'T **World Series of Poker**
2.00 AM **FIM Speedway Grand Prix Highlights** From Lodz, Poland.
3.00 **SailGP – Racing on the Edge**
3.30 **Ultimate Pool** Recent acton.
5.00 **to 6.00** AM **British Superbikes Highlights**

Sky Sports Action
412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize**
5.30 **NBA on Fire** The latest action.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Philadelphia 76ers v Boston Celtics.
10.00 **Super League Highlights**
10.30 **NBA on Fire** The latest news.
11.00 **Super League Highlights**
11.30 **Women's Super League**
11.45 **Super League Highlights**
12.00 M'T LIVE **WNBA** **New York Liberty v Seattle Storm.** Coverage of the inter-conference match staged at Barclays Center in Brooklyn, New York. Tip-off is at **12.00m't**.
2.00 AM LIVE **WNBA** **Chicago Sky v Los Angeles Sparks.** Coverage of the inter-conference match at Wintrust Arena. Tip-off **2.00am**.
4.30 **Women's Super League**
4.45 **Super League Highlights**
5.45 **to 6.00** AM **Women's Super League**

Sky Sports Sky Sports+
404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** Wigan Warriors v Leigh Leopards staged at Brick Community Stadium.
10.50 **My Icon** Michael Holding.
11.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live** Magazine.
2.00 **Sports Desk**
2.30 **Women's T20 World Cup** England v Australia in the final.
2.55 LIVE **The Hundred** **Trent Rockets v Birmingham Phoenix.** Coverage of the women's match at Trent Bridge in Nottingham. Start-time **3.00pm**.
6.00 LIVE **WTA & ATP Tennis** Coverage from day four of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments, where the second round is scheduled to conclude. There was disappointment for Great Britain's Cameron Norrie at this stage last year as he was eliminated 3-6 7-6 3-6 by Australian Aleksandar Vukic.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix
416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Adelaide Open final.
9.00 **US Women's Open Golf**
10.00 **PGA Tour Golf**
11.00 **WTA Tennis** Adelaide Open final.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Highlights**
2.00 **PGA Tour Golf**
2.55 LIVE **The Hundred** **Trent Rockets v Birmingham Phoenix.** Coverage of the women's match at Trent Bridge in Nottingham. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Trent Rockets v Birmingham Phoenix.** Coverage of the men's match from Trent Bridge in Nottingham. Start-time **6.30pm**.
9.30 **Women's T20 World Cup**
10.00 **Legends Tour Golf**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **World Club Challenge**
4.30 **Super League Highlights**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **John Part's Journey 2001-08**

TNT Sports 3
413 415 523 410 432

6.00 AM **Fishing: On the Bank**
7.00 **eSports Show** The latest news.
7.30 **The Gallagher PREM**
9.00 **UEC Mountain Bike European Championship** In Switzerland.
10.00 **Men's Cycling** Tour of Poland.
11.00 LIVE **Cycling** The third stage of the men's Tour of Poland.
3.45 PM **Inside the Game**
4.00 **British Superbikes Highlights**
5.00 **Sign Up: Into Football**
6.00 **TNT Sports Reload**
6.30 **Ultimate Pool** Recent action.
8.00 **FIM Speedway Grand Prix**
9.00 **Discovery Golf** The latest news.
9.30 **British Superbikes Rewind**
9.45 **The Gruppetto** Cycling news.
10.00 **Tour de France Women**
11.00 **Men's Cycling** Tour of Poland.
12.00 M'T **Men's Cycling Pro Series**
1.00 AM **WRC Review** Rally Finland.
2.00 **Men's Cycling** Tour of Poland.
3.00 **Tour de France Women**
4.00 **Men's Cycling Pro Series**
5.00 **to 6.00** AM **Fishing**

TNT Sports 4
414 416 524 411 434

6.00 AM **Classic Premier League**
10.00 **WRC Review** Rally Finland.
11.00 **NWSL** Recent action.
1.00 PM **MLB Highlights**
2.00 **Fishing: On the Bank**
3.00 **The Gallagher PREM** A look back at the 2025/26 season.
4.30 **Rolex SailGP Championship** Action from the seventh round of the season in Portsmouth.
5.30 **Golden Trail World Series** Action from Pitztal in Austria.
6.00 **AFL** Another chance to see Carlton Blues v Brisbane Lions. **7.30** A chance to see Richmond Tigers v West Coast Eagles.
9.00 **AFL** Another chance to see Gold Coast Suns v Melbourne Demons. **10.30** A replay of Essendon Bombers v Adelaide Crows.
12.00 M'T **UFC: The Ultimate Fighter**
1.00 AM **UFC** Medic v Rodriguez.
4.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **Golden Trail World Series**

Premier Sports 1
419 APP 528

6.00 AM **DTM Motorsport Highlights**
7.00 **FIM Sidecarcross Championship**
8.00 **Indikart Championship**
9.00 **NASCAR Highlights**
10.00 **Football** Union Berlin v Cagliari.
12.00 NOON **Sporting Countdowns**
12.30 PM **Coppa Italia** A replay of Lazio v Inter Milan in the final.
2.30 **World of FreeSports**
3.00 **DTM Motorsport Highlights** Action from Oschersleben.
4.00 **Swedish Speedway** Action from a high-profile Elitserien meeting.
6.00 **Bike World** Magazine.
6.30 **NASCAR Highlights** Action from the Brickyard 400.
7.30 **Sporting Greats**
8.00 **KOTV Weekly** Boxing news.
8.30 **Football** Union Berlin v Cagliari.
10.30 **LaLiga** Barcelona v Real Madrid.
12.30 AM **Sporting Greats**
1.00 **United Rugby Championship**
4.45 **Africa Eco Race**
5.00 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2
420 APP 529

6.00 AM **Top 14 Rugby Union** Toulouse v Montpellier in the final.
8.00 **Temples of Sport**
8.30 **EUT20 Belgium** Another chance to see Bruges v Antwerp. **11.15** Antwerp v Liege.
3.15 PM **Africa Eco Race**
3.30 **Temples of Sport**
4.00 **Football's Greatest**
4.30 **Football** Frankfurt v Trabzonspor.
6.30 **German Cup** Bayern Munich v VfB Stuttgart in the final.
8.30 **Football's Greatest**
9.00 **Argentine Primera** A chance to see River Plate v Rosario Central.
10.55 LIVE **Argentine Primera Division** **Boca Juniors v Estudiantes.** Coverage of the top-flight match staged at Alberto Jose Armando. Kick-off **11.00pm**.
1.00 AM **Football's Greatest**
2.00 **Brasileiro Serie A**
4.00 **Football's Greatest**
5.00 **to 6.00** AM **Transworld Sport**

Sky Sports F1
407 407 507 424 444

6.00 AM **Formula 1** From Canada.
8.00 **Formula 1** Monaco Grand Prix.
9.00 **Ferrari Challenge Europe**
10.00 **Formula 1** Japanese Grand Prix.
12.15 PM **Ted's Notebook**
12.45 **The Cornwall Air Ambulance**
1.00 **Formula 1** Miami Grand Prix.
3.30 **Ted's Notebook**
4.00 **Formula 1** Recent highlights.
7.00 **Ted's Notebook**
7.30 **Ferrari Challenge UK Highlights**
8.00 **F1 Classic Races** Archive action.
1.15 AM **Fish & Chips Fun at the British Grand Prix**
1.25 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

6 August

Planner

Who Do You Think You Are?

DOCUMENTARY BBC 1, 9pm

Heptathlon icon Katarina Johnson-Thompson travels to the Bahamas and Miami to uncover her family's journey through segregation and hardship.

Possession

DRAMA Sky Atlantic, 9pm (box set, Sky Box Sets)

Gugu Mbatha-Raw stars in this haunting drama about a lawyer who travels to Jamaica to work on a high-stakes inheritance case – and discovers that the disputed land is a former plantation that has haunted her nightmares for years. Also stars Jonny Lee Miller and Bel Powley.

The Shards

DRAMA Disney+

Adapted from Bret Easton Ellis' bestseller, this 1980s-set thriller follows the events when a group of teenagers' lives are disrupted by the arrival of a new student and a serial killer who is on the rampage in Los Angeles. Stars Igby Rigney.

My Life with the Walter Boys

DRAMA Netflix

As the drama returns for a third season, the Walter family rally together after George's medical emergency, while Jackie (Nikki Rodriguez) navigates the emotional fallout from Alex overhearing Cole's confession.

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Fake or Fortune?		9.00 Who Do You Think You Are?		10.00 News; Local News	10.40 Murder...
	102 BBC2	7.00 Escape to the Country		8.00 Digging for Britain		9.00 The Devil in the Family: The Fall of...		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tom Kerridge...	8.00 Emmerdale	8.30 Coronation...	9.00 The Chase Around the World		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Renovation Rescue		9.00 Murder Case: The Digital Detectives		10.00 The Body Detectives	
	105 5	7.00 Around the World in First Class with...		8.00 Cornwall: A Year by the Sea		9.00 Benidorm Is Murder		10.00 Killer at the Crime Scene	
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Darts		9.00 The Dyers' Caravan Park		10.00 The Paper	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Sort Your Life Out with Stacey Solomon		9.00 Better Date than Never			
	116 BBC4	7.00 Great British...	7.30 Pubs, Ponds...	8.00 Film: Superman				10.15 Christopher Reeve...	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Romesh Ranganathan's Parents'...		10.00 Changing Ends	10.35 Family Guy
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 The Reclaimers: Made in Suffolk		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Vanderpump Rules		9.00 Cruising Paradise: Above and Below...		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 CIA		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 The Penguin				9.00 Possession			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army: The Lost...	8.20 Are You Being Served?		9.00 Porridge	9.40 Joe & David's Magical Sitcom Tour		
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	‹ 6.50 River Monsters	7.50 Sharpe					10.00 The Motorbike Show	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Sweet Home Alabama			
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Bookish		9.15 The Hunting Party			10.15 Death in Paradise
	122 SKY ARTS	7.00 Voices of the Valleys		8.00 Discovering: Bruce Willis		9.00 The Very Best of Peter Sellers			10.20 Spike Milligan...
	132 U&W	7.00 MasterChef Australia			8.40 Property Brothers: Under Pressure		9.40 DIY SOS: The Big Build		
DOCUMENTARY	125 DISCOVERY	7.00 Ant Anstead Master Mechanic		8.00 Supercar Showroom		9.00 Alien Sharks: Untamed America		10.00 Sharkzilla Takes New York	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Engineering Europe	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Killer Kings					
	155 U&YESTERDAY	7.00 The Green Planet		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 The Alien Autopsy Scandal		8.00 Ghislaine Maxwell: Epstein's Shadow					

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** (R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Norfolk, Liverpool and Birmingham. (S)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** New edition Upcycling a display unit. (S)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** Dealers bid for a football game and a map. (S)(R)
4.30 **The Answer Run** New edition Quiz hosted by Jason Manford. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Fake or Fortune?

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Sheila faces mounting pressure, Priya is confronted with some hard truths, and Mark clashes with Max over Lauren. (S)(AD)

8 PM

8.00 **Fake or Fortune?** Series finale 4/4. The art detectives head to Somerset, where 15 unsigned prints of Lucian Freud's etching *Girl with Fig Leaf* have been discovered in a garage. (S)(AD)

9 PM

9.00 **Who Do You Think You Are?** Series finale 8/8. Katarina Johnson-Thompson travels from Liverpool to the Bahamas and Miami in search of her ancestry, and discovers tales of resilience and courage. *See feature, page 21.* (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Murder 24/7** The first of a two-part investigation into the 2025 murder of 54-year-old Hereford man Jamie Gawler, found in his flat having being beaten to death. (S)(R)(AD)
11.40 **Murder 24/7** Part two of two. Following police attempts to build a case against Matthew Jonathan for the murder, and the bloody footprint that provided a breakthrough. (S)(R)(AD)
12.40 AM **Alan Carr's Picture Slam** With contestants from Lancashire, Birmingham and Cardiff. (S)(R)
1.25 **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Hairy Bikers' Bakeation** (R)
3.45 **The Farmers' Country Showdown** A prize at the Mid Devon Show proves vital. (S)(R)
4.30 **Vintage Antiques Roadshow** The team value decorative objects and rarities in Toronto. (S)(R)
5.15 **Flog It!** From Ickworth House near Bury St Edmunds. (S)(R)
6.00 **Richard Osman's House of Games** Double bill. Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (S)(R)

9.00 The Devil in the Family

7.00 **Escape to the Country** Alistair Appleton guides a pair of entrepreneurs who want to escape to the Cotswolds with a £900,000 budget to play with, but the property must have the potential to develop a boutique country holiday let. (S)(R)

8.00 **Digging for Britain** Archaeological treasures in the west of Britain, including a rare medieval cemetery, a disappearing Mesolithic landscape, a mysterious iron age burial, and the ruins of a gothic masterpiece. (S)(R)(AD)

9.00 **The Devil in the Family: The Fall of Ruby Franke** Series finale 3/3. With the Franke family isolated, people on the outside try to find out what is happening. (S)(AD)
■ Entire series on BBC iPlayer
9.50 **The Fens: A Wild Year** (S)(R)

10.00 **Inside No. 9** *Nine Lives Kat:* 3/6. A detective is determined to crack the case of a missing boy while battling her inner demons. (S7) (S)(R)
10.30 **Newsnight** (S)
11.05 FILM **Women Talking** Drama starring Rooney Mara. The women of an isolated religious community grapple with reconciling a brutal reality with their faith. With Claire Foy and Jessie Buckley. (S) (2022, 15, 95min) ★★★★
12.40 AM **Sign Zone: Ambulance** A young patient is reported to be having a seizure in a forest. (S)(R)
1.40 **Sign Zone: Evolution** Exploring the story of the bat. (S)(R)(AD)
2.40 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** A mix of celebrity chat and lifestyle features. (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Sheffield, where Mark Stevens meets his match, and Tracy Thackray-Howitt splashes some serious cash. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Claire tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Tom Kerridge Cooks Italy

7.30 **Tom Kerridge Cooks Italy** New edition Tom learns how farmers produce tomatoes for passata, heads back to farmer Mario's house to help the family make their own version, and cooks up meatball and mozzarella ciabatta rolls. (S)(AD)

8.00 **Emmerdale** Charity takes big steps, and the Dingles unite in their grief at Monty's funeral. (S)(AD)
8.30 **Coronation Street** Kit extends an ominous invitation to Gary, and Lauren offers Betsy an apology. (S)(AD)

9.00 **The Chase Around the World** New edition 4/6. The teams land in Paris to take on the Vixen and the Beast, who have set a series of quiz questions that the players must solve to find Bradley Walsh at the finish line. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Casino Royale** James Bond action thriller portraying the early career of Ian Fleming's celebrated spy starring Daniel Craig and Eva Green. James Bond seeks to bankrupt a terrorist banker by beating him in a poker game. With Mads Mikkelsen. (S)(AD) (2006, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **The Summit** 3/8. Brutal hikes and treacherous crossings prove too much for some. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal: Celebrity Special** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 12-15/24. (S4) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Texas. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in southern Tenerife. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** The team try to rescue a derelict and overgrown pond in the Cotswolds. (S)(R)(AD)
5.00 **Chateau DIY** At the Château de Brives, Sarah and George upgrade their wedding business. (S)(R)(AD)
6.00 **American Pickers** Mike Wolfe and Frank Fritz find a huge 200,000-square-foot factory. (S)(R)(AD)

8.00 Renovation Rescue

7.00 **News** (S)

8.00 **Renovation Rescue** New edition Vogue Williams and Luke Mabbott help retired artist Penny in West Sussex who, after losing her partner of 20 years, plans to move near her daughter and grandchildren by the seaside. (S)(AD)

9.00 **Murder Case: The Digital Detectives** New edition How detectives used digital forensics to learn more about the night 19-year-old Matthew Daulby was fatally stabbed after a street fight in Ormskirk in July 2023. (S)(AD)

10.00 **The Body Detectives** The work of an organisation dedicated to revisiting forgotten cases, beginning with the disappearance of a man off the Norfolk coast in 1984 while on a family holiday. (S)(R)(AD)
11.05 **Social Media Monsters** A look into the murder of 15-year-old Holly Newton. (S)(R)(AD)
12.05 AM **Crime Scene Cleaners** (S)(R)
1.00 **Murder Case: The Digital Detectives** (S)(SL)(R)(AD)
1.55 **Ramsay's Hotel Hell** (S)(R)(AD)
2.45 **The Undeclared War** (S)(R)(AD)
4.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.55 **Couples Come Dine with Me** (R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **Evil in a Small Town** Thriller with Veronica Ramirez. (S) (2023, PG, 100min) ★★
4.00 **Castle** *Resurrection:* 14/23. Part one of two. A murder case is linked to the serial killer Jerry Tyson. (S7) (S)(R)
4.55 **Love Nature** An initiative encouraging children to engage in outdoor play. (S)(R)
5.00 **News** (S)
6.00 **Menorca: A Year in the Sun** A profile of the Mediterranean island, focusing on the capital of Mahon. (S)(R)
6.55 **News** (S)

9.00 Benidorm Is Murder

7.00 **Around the World in First Class with Josie Gibson** New edition 2/4. Josie flies upper class to Grenada, and explores a tucked-away boutique resort of private villas by the sea. (S)
7.55 **News** (S)
8.00 **Cornwall: A Year by the Sea** Series finale 10/10. At Watergate Bay, Michelin-starred chef Chris Eden and his team attempt their first beach feast of the summer for 72 guests. (S)
9.00 **Benidorm Is Murder** New episode *Die Laughing:* 2/6. At the Laughter Lounge, Frank Mann hosts faded game-show star Vince Starky, whose comeback could save debt-ridden owner Ziggy. (S1) (S)(AD)
10.00 **Killer at the Crime Scene** In a Silicon Valley home invasion, millionaire Raveesh Kumra is murdered – but with no forced entry, the investigators begin to suspect an inside job. (S)(R)
11.00 **Murdered at First Sight** A father who was shot. (S)(R)
12.05 AM **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 **Teleshopping**
2.00 **GPs: Behind Closed Doors**(R)
2.50 **Castle** 14/23. (S7) (S)(R)
3.40 **Friends** 8&9/24. (S9) (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S6) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Moon: Nature's Secret Force** Documentary. (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *Oh Brother, Where Art Thou?* Homer traces his long-lost half-brother. (S)(R) **5.30** *Bart the Daredevil:* Bart becomes a daredevil skateboarder. (S)(R)
6.00 **Animal Control** 2/12. The new annex kennel is opened. (S)(R) **6.30** 3/12. Frank defends Templeton against accusations of dognapping. (S4) (S)(R)

9.00 The Dyers' Caravan Park

7.00 **The Simpsons** *Old Money:* Grampa inherits $100,000 from a woman he met at the rest home. (S)(R) **7.30** *Brush with Greatness:* Marge rediscovers her flair for art. Featuring the guest voice of Ringo Starr. (S)(R)
8.00 **Rob & Romesh vs Darts** Rob Beckett and Romesh Ranganathan meet darts professionals including Luke Littler as they prepare to play a match at Alexandra Palace during the PDC World Darts Championship. (S)(R)
9.00 **The Dyers' Caravan Park** With the playground plans blocked, the Dyers install a five-a-side pitch for a staff v residents match, before Danny risks upsetting tradition by shaking up the park's bingo nights. (S)(R)(AD)
10.00 **The Paper** *Pilot:* 1/10. A documentary crew follow the staff of a declining newspaper. (S)(R) **10.35** *The Five Ws:* 2/10. Esmeralda forces an accelerated scramble for new stories. (S1) (S)(R)(AD)
11.10 **Animal Control** (S4) (S)(R)
12.10 AM **Grimm** 7/13. Monroe's birthday getaway gets ruined by a hotel employee with a vendetta. (S6) (S)(R)
1.10 **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
2.05 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 25/25. Danny makes a decision. (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.40am** Scotcast (S)(R) **1.10** Alan Carr's Picture Slam (S)(R) **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Crime I Can't Forget (S)(R) **11.30pm-1.30am** Murder 24/7 (S)(R)(AD)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Fleadh Folk (S)(R) **12.00m't-1.40am** FILM Women Talking (S) (2022, 15, 100min) ★★★★

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **10.00** Yr Whws **10.05** Caru Canu a Stori **10.15** Sigldigwt **10.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.00** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.30** Y Babell Lên New edition **11.00pm-12.05am** Yr Afon

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Examining the wildlife of Namibia. **7.30** Steve Backshall searches for Africa's big cats.
8.00 **Sort Your Life Out with Stacey Solomon** Members of a farming family declutter their home.
9.00 **Better Date than Never** 1/6. Olivia can't wait to head out on her first ever date. **9.30** 2/6. Dianne is ready to find love as her true self. **10.05** 3/6. Olivia is left speechless after her date. **10.35** 4/6. Liv has her wedding planned but needs to find her groom. **11.05** 5/6. Liv hits the beach for her first ever date. **11.40** 6/6. Olivia invites her date to meet the family.
12.10 AM **Things You Should Have Done** Chi returns to her list and gets therapy.
12.40 **Things You Should Have Done** Double bill.
1.40 **Tartan Around with Lawrence Chaney**
3.45 **to 4.00** AM **Jobless**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Northallerton to Chester-Le-Street.
7.30 **Pubs, Ponds and Power: The Story of the Village** Exploring the history of Cromford in Derbyshire.
8.00 FILM **Superman** Sci-fi fantasy adventure starring Christopher Reeve. Just before the destruction of the planet Krypton, a baby boy is sent by his parents to Earth, where his dense molecular structure gives him superhuman powers. (1978, PG, 143min) ★★★★
10.15 **Christopher Reeve: Keeping Hope in Motion** The actor's fight to regain his ability to breathe on his own.
11.15 **Parkinson** With Mel Smith and Christopher Reeve.
12.20 AM **Ian Rankin's Hidden Edinburgh**
1.15 **Pubs, Ponds and Power: The Story of the Village**
1.45 **Ian Rankin's Hidden Edinburgh** Documentary.
2.45 **to 3.15** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me**
3.20 **Four in a Bed** From Churchill's Hotel in Barnsley. **3.50** Darnells' Farm Luxury Glamping in Herefordshire. **4.20** From Hatton Court Hotel in Gloucester. **4.50** The Ladbrooke Hotel in central Birmingham. **5.20** Payment day arrives.
5.50 **Car S.O.S.** Tim and Fuzz take on carpenter Mike's 1980 Ford Escort RS2000.
6.50 **Car S.O.S.** Fuzz Townshend and Tim Shaw restore a 1994 Vauxhall Cavalier Turbo.
7.55 **Grand Designs** Following a couple who are constructing a black-clad private hideaway in an Essex woodland.
9.00 **The Reclaimers: Made in Suffolk** New edition Andy and Hayley spend the day at Norwich Castle.
10.00 **24 Hours in A&E** The team treat a man who has fallen off a ladder and a girl who has suffered a trampolining accident. **11.05** Two trauma patients arrive by helicopter on the hospital's new helipad.
12.10 AM **999: On the Front Line** Paramedics are called out to a young woman who has had a seizure on a bus.
1.15 **24 Hours in A&E** Double bill of the documentary.
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Dinner parties in Hull.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Comical clips.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
7.00 **The Simpsons** *Fland Canyon:* A crisis brings the Simpson and Flanders families closer together. **7.30** *To Courier with Love:* Homer promises Marge the trip of a lifetime.
8.00 **Vanderpump Rules** New edition Kim's girls' night descends into chaos.
9.00 **Cruising Paradise: Above and Below Deck** New edition The liner drops anchor at Amber Cove in the Dominican Republic.
10.00 **Gogglebox** TV opinions.
11.00 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Cruising Paradise: Above and Below Deck**
2.10 **Vanderpump Rules**
3.05 **Ramsay's Kitchen Nightmares USA**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 19/22. (S6)
12.00 NOON **FBI** 10&11/19. (S2)
2.00 PM **The Rookie** 7/22. Nolan and Celina discover there is more to a shooting than they realised. (S5)
3.00 **Law & Order: Criminal Intent** 6/16. A murder is linked to a psychological study. (S9)
4.00 **Nothing to Declare**

9.00 CIA

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **CIA** New episode *Bridge of Lies:* 3/12. A deeply embedded US intelligence officer gets detained in Hong Kong. (S1)

10 PM
10.00 **Law & Order: Special Victims Unit** *Shock Collar:* 20/22. A car with a young girl in the back seat is stolen. (S26)
11.00 **The Rookie** 3/22. (S5)
12.00 M'T **FBI** 21&22/22. (S1)
2.00 AM **Law & Order: Criminal Intent** 7/16. Drama. (S9)
3.00 **The Force: Manchester**
4.00 **Road Wars**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 9&10/12. (S4)
10.20 **Heated Rivalry** 3&4/6. (S1)
12.30 PM **Homicide: Life on the Street** 16&17/22. (S4)
2.30 **Billions** 9&10/12. (S4)
4.40 **Heated Rivalry** 5/6. Shane admits to Rose that he is gay. **5.45** 6/6. Scott discusses his public coming out. (S1)
6.50 **The Penguin** 3/8. Hoping to control the future of Gotham's drug trade, Oz and Sofia must first address the skeletons in their closet. (S1)

9.00 Possession

7.55 **The Penguin** *Cent'anni:* 4/8. Sofia makes plans as she confronts the events that turned her into the Hangman and led to a fight to survive in Arkham State Hospital. (S1)

9.00 **NEW SERIES Possession** 1/5. Supernatural thriller starring Gugu Mbatha-Raw and Johnny Lee Miller. *See feature, page 11.*

10.00 **Possession** New episode 2/5. A lawyer challenges an inheritance claim made by a local man. (S1)
■ Entire series on Box Sets
11.00 **The Five-Star Weekend** New episode 7/8. **11.45** Series finale 8/8. (S1)
■ Entire series on Box Sets
12.45 AM **All Her Fault** 4/8. (S1)
1.45 **True Detective: Night Country**
3.00 **Billions** 7&8/12. (S4)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Orange...**
9.20 **The Only Way Is Essex**
10.15 **Dawson's Creek** 4/13. (S1)
11.15 **Charmed** 4/22. (S1)
12.15 PM **Deal or No Deal**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Parents' Evening

7.00 **The Floor USA** New edition Only 16 players remain, and the stakes are high as they battle for a finale spot.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **Romesh Ranganathan's Parents' Evening** With guests Alison Hammond, Iain Stirling and Carol Vorderman.

10.00 **Changing Ends** 1/6. It is 1989, and Alan has been bitten by the love bug. (S3)
10.35 **Family Guy** 3/21. Stewie and Brian discover their neighbours are spies. (S8)
11.05 **Family Guy** 3/16. A time machine transports Mort Goldman to Poland. (S7)
11.35 **American Dad!** (S16)
12.35 AM **Bob's Burgers** (S13)
1.30 **Deal or No Deal**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *The Blacktrees Prophecy:* A survivalist is found murdered in his bombproof shelter.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Shoot:* A shooting party at Ashfordly Hall masks a sinister plot. Guest stars Celia Imrie.

10.00 Grantchester

6.55 **Heartbeat** *Class Act:* David inherits a ventriloquist's dummy complete with a schedule of bookings.

8.00 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.

10.00 **Grantchester** 3/6. Will and Ellie encounter a brutal murder during a trip to the cinema on their first date. (S5)
11.00 **Grantchester** 4/6. Will and Geordie discover ties to a Cambridge research project experimenting with drugs. (S5)
11.50 **Trial & Retribution** (S10)
12.55 AM **Agatha Christie's Poirot**
2.00 **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Professionals**
11.20 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.30 **Dempsey and Makepeace**
3.30 **Boon**
4.40 **The Professionals**
5.45 **Minder** *Caught in the Act, Fact:* Terry's fingerprints are found on a getaway car.
6.50 **River Monsters** Jeremy Wade searches for the Iliamna Lake monster in Alaska.

11.00 Black Sails

7.20 **River Monsters** A freshwater giant said to inhabit Russia's remote Amur River.
7.50 **Sharpe** *Sharpe's Honour:* 3/3. The soldier becomes a pawn in a French plot, and finds himself facing execution for murder. Determined to regain his honour, he searches for the only person who can clear his name. (S2)

10.00 **The Motorbike Show** Henry Cole visits the Brooklands Museum and the Bike Shed show at Tobacco Dock.
11.00 **Black Sails** 3/10. Flint returns to Nassau to retrieve the gold, but encounters a problem. (S2)
12.05 AM **Hell's Kitchen** The chefs must model their expertise and work in harmony.
1.00 **Minder**
2.00 **to 3.00** AM **The Professionals**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Hidden Lives** The blackening, a dirty pre-wedding ritual in the north of Scotland.
8.00 **Beechgrove Garden** New edition Brian Cunningham harvests his spring vegetables.
8.30 **Scotland's Greatest Escape** The Oliver family rate the best active getaways Scotland has to offer.
9.00 **Granite Harbour** Series finale 3/3. Lindo and Bart face a race against time to find the real killer. (S3)
10.00 **Scot Squad** 2/6. The detectives smash a smuggling operation. (S4)
10.30 **Cumming to the Cabaret** Double bill.
11.15 **Scotcast** News stories.
11.45 PM **to 12.00** M'T **Hannah Laing: Follow the Rave**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** (S3)
10.00 **Upright** 3&4/8. (S1)
11.10 **Will & Grace** (S7)
12.10 PM **Avenue 5** (S2)
1.50 **Upright** 3&4/8. (S1)
3.00 **Will & Grace** (S6)
4.00 **Hacks** 10/10. (S5)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 19/19. Part two of two. Pam accepts a place on a three-month training programme. (S4) **7.30** 1/28. Part one of two. A Dunder Mifflin weight-loss initiative causes staff to diet. (S5)
8.00 **The Reluctant Landlord**
9.00 **Ricky Gervais: Fame**
10.30 **Last Week Tonight with John Oliver** Talk show.
11.15 **Hacks** 10/10. (S5)
12.15 AM **Hitmen** 5&6/6. (S1)
1.15 **Community** (S1)
2.15 **The Chair Company**
2.50 **Upright** (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Peter and the Wolf**
7.30 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Voices of the Valleys**
8.00 **Discovering**
9.00 **The Very Best of Peter Sellers** A look at the comedy actor's career.
10.20 **Spike Milligan: The Unseen Archive**
11.55 **The Directors**
12.55 AM **Garbo: Where Did You Go?** Documentary.
2.50 **Sky Arts Ambassador Bursary Shorts**
3.00 **World War II & Cinema**
4.00 **Sky Arts Book Club**
5.00 **to 6.00** AM **The Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 25/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 26/26. (S4)
8.00 **Police 24/7**
9.00 **Caught on Dashcam** Road disasters.
10.00 **Fred West: The Glasgow Girls**
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five friends from Morecambe take part in the quiz show.
3.00 **Supermarket Sweep**
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Jemma takes on the Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the game show in which three pairs of shoppers go wild in the aisles to win £3,000.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** As 4.00pm.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Extraordinary Extensions** A couple turning their Surrey home into a party pad.
8.00 **Hotel Chocolat Unwrapped** Chocolatier Yodi dreams up drinking chocolate flavours.
9.00 **24 Hours in A&E**
10.00 **Don't Date Brandon** Two women's attempts to warn others away from a serial cheater. **11.05** Amber and Athena start a podcast. **12.05** AM Amber and Athena warn Brandon's girlfriend about his past.
1.10 **Celebrity Hunted**
3.10 **Naked Attraction**
4.10 **to 5.10** AM **8 Out of 10 Cats Does Countdown**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** 7/20. Guest stars Jewel Staite. (S4)
2.00 **Warehouse 13** 11 & 12/13. (S3)
4.00 **Stargate SG-1** 2/20. The Goa'uld threaten Earth. (S8)
5.00 **Star Trek: Voyager** 18/26. A familiar figure mysteriously reappears. (S6)
6.00 **Star Trek: Enterprise** 15/24. The crew come to the aid of a dying alien. (S3)

10.00 Grimm

7.00 **Stargate Atlantis** *Missing:* 7/20. Teyla and Dr Keller are pursued by murderous primitives. Guest stars Jewel Staite. (S4)
8.00 **Stargate SG-1** *New Order – Part Two:* 2/20. SG-1 and the Asgard make one last attempt to thwart the Replicators. (S8)
9.00 **Resident Alien** *Radio Harry:* 4/16. Asta is concerned that Harry might be building another bomb. (S2)
10.00 **Grimm** *The Beginning of the End – Part Two:* 22/22. Black Claw makes a strategic move against Hank. (S5)
11.00 **The Walking Dead** 12/16. Rick's survivor group scavenge for supplies, while Tara makes a challenging decision. (S7)
12.00 M'T **Resident Alien** 3/16. Harry meets a woman unlike any other. (S2)
1.00 AM **Warehouse 13** (S3)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 15/22. (S5)
11.00 **Hudson & Rex** 12/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 15/22. (S5)
5.00 **Hudson & Rex** 12/16. A convicted killer resorts to drastic measures in order to avoid deportation. (S6)
6.00 **Body of Proof** 6/9. A magazine editor is murdered. (S1)

6.00 Body of Proof

7.00 **Private Eyes** *The Good Soldier:* 9/18. Angie and Shade are hired to track down a soldier who has gone AWOL. (S2)
8.00 **Bookish** *Slightly Foxed – Part Two:* 2/6. Bliss and Book's investigation into Harkup's death continues as Book discovers some surprising evidence. (S1)
9.10 **The Hunting Party** New episode *Adrian Gallo:* 2/13. The team hunt a killer who preserved his victims in acrylic resin. (S2)
10.10 **Death in Paradise** *An Unpleasant Homecoming:* 4/8. The team join Naomi when her best friend's father is murdered. (S12)
11.10 **Private Eyes** 9/18. (S2)
12.10 AM **Shakespeare & Hathaway: Private Investigators** 9/10. Frank and Lu investigate a death. (S2)
1.10 **Death in Paradise** (S12)
2.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Going Straight**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Going Straight**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

7.00 Porridge

7.00 **Porridge** Fletcher yearns for peace and quiet.
7.40 **Dad's Army: The Lost Episodes** The platoon suspect that someone has been signalling to enemy aircraft.
8.20 **Are You Being Served?** A royal visitor sends the staff into a frenzy.
9.00 **Porridge** The inmates decide on a wager as the parole board gathers.
9.40 **Joe & David's Magical Sitcom Tour** David Earl orchestrates a personal tour of *Porridge*.
10.40 **Porridge** The inmates discover there is a thief at large in the prison.
11.20 **The Green Green Grass** Llewellyn decides to challenge Boycie to a pub quiz.
12.00 M'T **Porridge** Double bill.
1.20 AM **Don't Wait Up**
2.00 **Am I Being Unreasonable?**
3.15 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein: From Venice to Istanbul** Greek Peloponnese.
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of Australia** Tiwi Islands.
4.00 **Rick Stein: From Venice to Istanbul** Double bill.
6.00 **Hairy Bikers' Best of British** The love of apples and pears.

11.00 Taskmaster

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish for predatory perch.
7.40 **Would I Lie to You?** With David O'Doherty, Richard Osman, Susan Calman and Carol Kirkwood. **8.20** With Sarah Millican, Jon Richardson and David Harewood.
9.00 **QI XL** Richard Osman, Lucy Porter and Phill Jupitus join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Quiz hosted by Jess Phillips, with panellists Hannah Fry and Jon Richardson.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Ross Noble.
3.00 **Richard Osman's House of Games** Quiz show.
3.35 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** The trio target a tight-fisted pub-goer to buy a round. **6.40** The trio find a canoe and take it for a trip up the river.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Compo gets out his old motorbike and tries to perform a few stunts.
8.00 **The Marlow Murder Club** *Sailing Close to the Wind – Part One:* 5/6. A member of the sailing club is brutally killed.
9.00 **The Marlow Murder Club** *Sailing Close to the Wind – Part Two:* 6/6. Kit's killer sends another violent warning. (S2)
10.00 **New Tricks** *Blood Is Thicker Than Water:* The daughter of a man held responsible for a fatal boating accident asks the team to help her prove that a property developer sabotaged the vessel.
11.20 **Luther** 4/6. A serial killer wakes from his coma. (S1)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

Thursday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 14–16/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Left for Dead:* 10/23. A woman is buried alive, but manages to escape. **7.00** *Eye Spy:* 11/23. A spy satellite technician witnesses a murder. **8.00** *My Other Left Foot:* 12/23. The severed leg of a missing Marine is found in a bin. (S1)
9.00 **Blue Bloods** *The New You:* 14/16. A murder investigation leads Danny and Baez to a feud. (S11)
10.00 **Law & Order: Special Victims Unit** *Net Worth:* 14/21. A young investment banker accuses billionaire client Eli Colton of rape. (S18)
11.00 **Law & Order: Special Victims Unit** (S18)
2.00 AM **NCIS: Hawaii** (S3)
2.55 **to 3.50** AM **Wild Cards**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** NHS staff treat a man with puncture wounds.
10.00 **Ambulance: Code Red** A man who has overdosed on heroin is barely breathing.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** Raveesh Kumra.
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM Track of the Cat** Western. (1954, PG, 102min) ★★★★
2.10 **FILM The Outcast** Western starring John Derek and Joan Evans. (1954, U, 90min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Timber Titans** New edition Canada experiences the worst wildfire season in history.
11.00 **The X-Files** 13/20. (S5)
12.00 M'T **Britain's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers at Home: Drew's Honeymoon House**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home: Drew's Honeymoon House**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Rock legend Jimmy Barnes sets this season's first Mystery Box, inspiring the Top 24 with seasonal ingredients.
8.40 **Property Brothers: Under Pressure** New edition After years spent caring for her mother, Mary is ready to relocate and restart her life in Los Angeles.
■ Entire series on U
9.40 **DIY SOS: The Big Build**
11.40 **First Responders**
1.45 **to 3.00** AM **The Mormons Are Coming**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **Auschwitz: The Nazis and the Final Solution**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **Auschwitz: The Nazis and the Final Solution**
6.00 **Antiques Roadshow**
7.00 **The Green Planet**
8.00 **Bangers & Cash** New edition Derek visits Cambridgeshire.
9.00 **Bangers & Cash: Restoring Classics** The team are surprised when a Volvo 144 rolls in.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Sherrie Hewson.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: Born Without Trace**
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** The team sort through a van full of boxes after clearing out a home in Leeds.
8.00 **Antiques Road Trip** Natasha Raskin Sharp and James Braxton explore Lancashire and the Lake District.
9.00 **The Bad Skin Clinic**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 7/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 13&14/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 13&14/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 22/22. A goat eats $22,000. (S10)
7.30 1/16. The nurses return to chaos.
8.00 4/16. The gang play practical jokes.
8.30 5/16. A nurse is killed by a landmine. (S11)
9.00 FILM **Carry On Constable** Comedy with Sidney James and Kenneth Connor. (1960, b/w, U, 86min) ★★★
10.55 **Robin's Nest** (S3)
11.55 **M*A*S*H** (S10&11)
1.55 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.00 AM **Raiders of the Lost Art: The Monuments Men** Documentary.
10.00 **Murder Maps**
11.00 FILM **The Quick and the Dead** Drama. (1963, 15, 92min) ★★
1.00 PM **The Unit** 1/23. (S2)
2.00 **Burn Notice** (S2)
4.00 FILM **The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
6.00 **The Unit** 1/23. (S2)
7.00 **Burn Notice** (S2)
9.00 FILM **Windtalkers** Wartime drama starring Nicolas Cage. (2002, 15, 134min) ★★★
11.50 **The Avengers** (S5)
12.50 AM **The New Avengers**
1.50 **The Persuaders!**
2.50 FILM **Super Eruption** Disaster movie starring Richard Burgi. (2011, 15, 89min) ★★
4.15 **Coast Guard Alaska**
5.00 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 17/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 18/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries** Crime drama starring Kellie Martin, Viv Leacock and Giacomo Baessato.
11.55 FILM **Flower Shop Mystery: Mum's the Word** Crime thriller starring Brooke Shields. (2016, U, 89min) ★★
1.50 AM FILM **Ring of Deceit** Mystery thriller. (2009, PG, 90min) ★
3.20 **to 5.00** AM FILM **Hidden Truth** Thriller. (2016, 12, 92min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.10 AM FILM **A Wish Come True** Romantic drama. (2015, PG, 85min) ★★
10.15 FILM **Her Pen Pal** Drama. (2021, PG) ★★
12.05 PM FILM **A Summer Romance** Drama. (2019, PG, 90min) ★★
2.00 FILM **Love, Fall & Order** Drama. (2019, U) ★★
3.55 FILM **Falling for the Competition** Drama. (2023, U, 89min) ★★
5.55 FILM **Fishing for Love** Drama. (2021, U) ★★
7.55 FILM **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
9.50 FILM **Accidentally Engaged** Drama. (2016, PG, 86min) ★★
11.45 FILM **A Wedding for Belle** Romantic drama. (2025, PG, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love, Fall & Order** Drama. (2019, U, 84min) ★★

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Hampshire.
1.00 PM **My Floating Home**
2.00 **The Two Ronnies in Australia** Comedy.
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** From London.
4.45 **Edwardian Farm**
6.00 **My Floating Home**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **The Two Ronnies in Australia** Comedy.
10.00 FILM **Got It Made** Coming-of-age drama starring Lalla Ward. (1974, 18, 86min) ★★
11.45 **Real Thick Glasses**
12.00 M'T FILM **Can You Keep It Up for a Week?** Bawdy comedy. (1974, 18, 94min) ★
2.00 AM **The Two Ronnies in Australia** Comedy.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge**
10.30 **The Upper Hand** (S1)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin** 2/6. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Press Gang** 11/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin** 2/6. (S1)
3.30 **Randall and Hopkirk (Deceased)** 5/26. (S1)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 5/26. (S1)
9.30 **The New Statesman**
10.00 FILM **On the Game** Comedy. (1974, 18) ★★
11.40 FILM **Pets** Drama. (1973, 18, 97min) ★★
1.40 AM **Stereo Underground**
2.40 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Opal Hunters: Red Dirt Road Trip**
6.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Scrappers launch their season determined to find a huge gold haul.
8.00 A team break all records, unearthing the biggest gold nugget ever.
9.00 **Expedition X**
10.00 **Expedition Files**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Jamie's 5 Ingredient Mediterranean Meals**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals: Extra Portions**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** After visiting a beekeeper, Michel is inspired to use honey as part of a dish.
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 20/22. (S2)
11.00 FILM **Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
1.00 PM FILM **The Buccaneer** Adventure. (1958, b/w, PG, 121min) ★★★
3.20 FILM **When Worlds Collide** Sci-fi adventure with Richard Derr. (1951, U, 82min) ★★★★
5.00 **Star Trek** 11/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 21/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Copycat** Thriller. (1995, 18, 123min) ★★
11.30 FILM **The Bank Job** Crime thriller. (2008, 15, 107min) ★★★★
1.45 AM FILM **We Still Steal the Old Way** Drama. (2017, 18, 90min) ★
3.35 **to 5.15** AM FILM **The Disappearance** Thriller. (1977, 15, 102min) ★★

Legend Xtra
316 316 171 69 138 51

9.00 AM FILM **Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
11.00 **Andromeda** 13/22. (S4)
12.00 NOON FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
2.00 PM FILM **Geo-Disaster** Sci-fi action drama starring Howard Keel. (2017, 12, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **MegaFault** Sci-fi action adventure starring Brittany Murphy. (2009, 12, 90min) ★★
7.00 **Andromeda** 14/22. (S4)
8.00 **The A-Team** 8/25. (S3)
9.00 FILM **Primal** Thriller starring Nicolas Cage. (2019, 15, 97min) ★★★
11.00 FILM **Kickboxer: Retaliation** Thriller sequel with Alain Moussi. (2018, 15, 110min) ★★
1.15 AM FILM **Primal** (2019)
3.15 FILM **MegaFault** (2009)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Colwyn Bay.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Storage Hunters**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **We Are Not Alone** Series finale A look at how prayer can attract extra-terrestrial activity.
10.00 **UFOs: Secret Missions Exposed**
11.00 **The Curse of Oak Island**
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Cheshire.
12.00 NOON **All Creatures Great and Small** (S5)
1.00 PM **Murder, She Wrote**
3.00 **Columbo** Crime drama.
4.35 **Around the World by Train with Tony Robinson**
5.00 **Great Gardens of Europe** In Croatia.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *Playing God – Part One:* Cordelia Gray spies on a local GP for Chief Superintendent Fergusson. (S2)
10.05 **The Good Ship Murder** The co-owner of an night club is murdered. (S3)
11.10 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Great British Ships**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Toyah Willcox.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Tom Conti.
6.00 **Tenable** Game show.
7.00 **Beat the Chasers**
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Nicholas Owen, Laila Rouass, Tim Vine and Vanessa Feltz.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase** Quiz.
2.00 **The Chase Celebrity Special** Quiz special.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at:
8.30 9/24. Leonard and Penny endure a night at the cinema. (S5)
9.00 FILM **Transformers: The Last Knight** Sci-fi adventure sequel starring Mark Wahlberg and Anthony Hopkins. The shape-changing robots must find an ancient artefact to protect Earth from their creator. (2017, 12, 155min) ★★
12.00 M'T **Unacceptable**
1.00 AM **The Middle**
2.30 **Dr Pimple Popper**
3.30 **My 600lb Life**
5.30 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** 11-14/24. (S6)
11.00 **The Upper Hand**
1.10 PM **Impractical Jokers**
1.40 **Friends** 5-14/18. (S10)
7.00 **Friends** 15/18. Joey's agent Estelle dies.
7.30 16/18. Rachel gets ready to leave for Paris.
8.00 17&18/18. Last-ever episode of the comedy. (S10)
9.00 FILM **Sweet Home Alabama** Comedy. (2002, 12, 109min) ★★★
11.10 **Stupid Central**
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **Iain Stirling's Roast the Internet**
2.10 **South Park** (S8)
3.10 **The Culture Capsule**
3.25 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** 7&8/24. (S6)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 2-5/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 9-12/24. (S6)
7.00 **Michael McIntyre's Big Show** With Harry Redknapp and Westlife.
8.00 **The Upper Hand** (S1)
9.00 **Rhod Gilbert's Growing Pains** With Olga Koch.
10.00 **Friends** (S9)
1.05 AM **8 Out of 10 Cats**
1.55 **Michael McIntyre's Big Show** As 7.00pm.
2.55 **Most Ridiculous**
3.40 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 5/11. (S7)
10.45 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 9/10. Drama. (S4)
2.45 **Minder** 6/11. (S4)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 5/11. (S7)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.10 **Rising Damp** 2/8. (S2)
6.45 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 10/11. (S1)
9.00 **Benidorm** 6/7. (S8)
10.00 **Shameless** 4/16. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 6/7. (S8)
12.55 AM **Minder** 5/10. (S5)
2.00 **Duty Free** 7/7. (S1)
2.25 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Daria** 9/13. (S1)
6.20 **Teen Mom 2: From the Beginning** Reality series.
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Judge Judy**
12.00 NOON **Catfish: The Dramatic** Reality series.
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids, Skint Holiday** Reality series.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us: The Best So Far**
10.00 **Jersey Shore Family Vacation** New edition Mike turns Times Square into his very own personal comeback tour.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Double bill.
12.00 NOON **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** A look at the making of jawbreakers and drums. **4.30** The creation of lighters.
5.00 **Alaska: Homestead Rescue** The Raneys help bus-dwelling Virginia homesteaders who are struggling in the wilderness.

9.00 Alien Sharks

7.00 **Ant Anstead Master Mechanic** Ant seeks out designer Chip Foose. **7.30** Ant works on rebuilding the Alfa 158.
8.00 **Supercar Showroom** Racing driver Archie Hamilton must decide between two supercars.
9.00 NEW **Alien Sharks: Untamed America** Wildlife biologist Forrest Galante explores America's strangest alien sharks.
10.00 NEW **Sharkzilla Takes New York** Hunting for a possible radioactive shark killer near an old nuclear dumping ground.
11.00 **The Alaska Triangle** The team investigate an abandoned mine.
12.00 M'T **Deadliest Catch**
1.00 AM **Alien Sharks: Untamed America** As 9.00pm.
2.00 **Sharkzilla Takes New York**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Penguins**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo: San Diego**
5.00 **Lone Star Law** During wildfire season, warden Dustin Delgado catches some people throwing lit cigarettes.
6.00 **Dr Jeff: Rocky Mountain Vet** Coco the Frenchie needs Dr Jeff's help to remove a large lump from her face.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete Nelson seeks out the most wonderful arboreal structures in the world.
8.00 **Richard E Grant's Seven Deadly Sins** The roots of envy, the resentful longing for other people's possessions or qualities.
9.00 **Alaska: The Last Frontier** Atz Lee, Otto and August survey the homestead for signs of bears, and track their movement.
10.00 **Alaskan Bush People** Ami's health forces the Browns to relocate, while Noah is left to look after the homestead.
11.00 **In Search of Monsters** Experts investigate the evidence that links the elusive Yeti to America.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Disaster Autopsy**
11.00 **Car S.O.S.**
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill.
4.00 **Lost Treasures of Egypt** Egypt's most famous pharaoh.
5.00 **Egypt's Sunken City: Drain the Oceans** Searching for the remains of a legendary ancient city in the Nile delta.
6.00 **Construction Fails** Cranes used in urban construction.

10.00 Engineering Europe

7.00 **Air Crash Investigation** The story of a pilot who crashed while flying a World War Two fighter in a 450mph air race.
8.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend tackle a Golf GTI Mk1 owned by one of Birmingham's biggest VW fans.
9.00 **Car S.O.S.** Tim Shaw and Fuzz Townshend take on a MINI Mayfair bought by Donna with her late father's inheritance.
10.00 **Engineering Europe** The Netherlands' engineering wonders are revealed.
11.00 **Air Crash Investigation** A Boeing 737-800 plunges into a gorge on take-off.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War** Searching for antique weapons and militaria.
2.30 **Made in a Day**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Prairie Dog Dynasty**

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Storage Hunters**
9.15 **Pawn Stars** Documentary.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **How Disney Built America** Double bill.
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** A piece of Kurt Cobain memorabilia enters the shop.
6.00 **American Pickers** A quest to track down a one-of-a-kind recording trailer that has been absent for decades in Detroit.

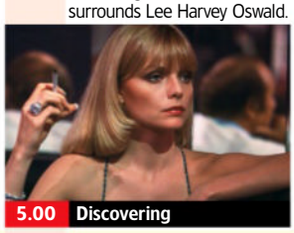
8.00 Killer Kings

7.00 **Forged in Fire** Visits to bladesmiths in their home forges in every state in the US, starting in Texarkana, Texas.
8.00 **Killer Kings** Uncovering the truth about six formidable kings throughout history, focusing first on Henry VIII.
9.00 **Killer Kings** The Roman Emperor Caligula, also known as Gaius, exploring his brief but brutal reign from AD 37 to 41.
10.00 **Killer Kings** The case against King John, also known as John Lackland, who had a reputation for being a treacherous ruler.
11.00 **Killer Kings** Ivan IV, also known as Ivan the Terrible, the infamous tsar of Russia.
12.00 M'T **Secrets in the Jungle** In Madagascar, paleontologists discover a near-perfect fossil.
12.55 AM **Secrets in the Jungle**
1.50 **Killer Kings** Double bill.
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Michelle Pfeiffer**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **The Comedy Store**
11.05 **UFO** Documentary.
12.00 NOON **The Man Who Stole The Scream**
2.00 PM **Hitsville: The Making of Motown** A history.
4.00 **The Directors** John Singleton.
5.00 **Discovering: Michelle Pfeiffer**
5.55 **JFK: Destiny Betrayed** Examining the evidence that surrounds Lee Harvey Oswald.



5.00 Discovering

7.00 **The Alien Autopsy Scandal** As the film is released, the footage is pored over by ufologists to verify its authenticity.
8.00 **Ghislaine Maxwell: Epstein's Shadow** The life of the former socialite and her relationship with Jeffrey Epstein.
9.00 **Ghislaine Maxwell: Epstein's Shadow** How Ghislaine went to New York and fell in love with Jeffrey Epstein.
10.10 **Ghislaine Maxwell: Epstein's Shadow** How, after almost 20 years, Maxwell tried to distance herself from Epstein.
11.10 **An American Bombing: The Road to April 19th** The surge in homegrown political violence in the US.
1.10 AM **Telemarketers** A look at the murky truth behind a seedy New Jersey call centre.
2.15 **Telemarketers**
4.30 **Premier League Legends**
5.00 **to 6.00** AM **Discovering: Maggie Smith**

Thursday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Car Hunters**
1.00 PM **World's Greatest Motorcycle Rides**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Outback Truckers** New edition Australia's drivers hit the open road.
9.00 **Outback Opal Hunters** New edition Bushmen face mechanical issues.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories** Hollie Gazzard.
12.00 NOON **The Killer in My Family** Steve Wright.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories** The barrister examines the hit and run of a young boy in 2015 and a 2013 mugging.
8.00 **Murder on CCTV**
10.00 **The Real Murders on Elm Street** Double bill.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The tragic case of Georgia Williams.
8.00 **UK Crime Files: Tracking a Serial Killer** A look into the case of two men's bodies found in neighbouring flats.
9.00 **UK Crime Files: The Cliff Top Killer** The story of John Cooper.
10.00 **Fatal Fraud** Stories of cases where financial schemes spiral.
11.00 **Secrets of a Murder Detective** Michael Keen.
12.00 M'T **UK Crime Files: Tracking a Serial Killer**
1.00 AM **UK Crime Files: The Cliff Top Killer**
2.00 **Fatal Fraud**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Leanne Tiernan Murder**
9.55 **UK Crime Files: Secret Life and Public Death**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Skeleton in the Carpet**
3.00 **UK Crime Files: A Murder Without Honour**
4.00 **Killers: Caught on Camera** True-crime.
5.00 **Medical Detectives** A heart surgeon's apparent suicide. **5.30** A mystery woman's skull found in a lake. **6.00** CCTV footage of a murder proves too fuzzy. **6.30** Police work to track down a gang.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Murdered at First Sight** Tashan Daniel.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Conquistadors: The Rise and Fall**
9.35 **Pirates: Behind the Legends**
10.35 **Iron Curtain: Living Under Soviet...**
11.50 **Hitler's Gold**
1.00 PM **America the...**
1.35 **Conquistadors: The Rise and Fall**
2.35 **Hitler's Gold**
3.35 **Pirates: Behind the...**
4.35 **Iron Curtain: Living Under Soviet...**
5.50 **Hitler's Gold**
6.50 **Conquistadors: The Rise and Fall**
7.50 **Pirates: Behind the...**
8.50 **Iron Curtain: Living Under Soviet Occupation**
10.00 **Hitler's Gold**
11.00 **Pirates: Behind the...**
12.00 M'T **Iron Curtain: Living Under Soviet...**
1.15 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life** Double bill.
8.00 **Zambia Untamed**
9.00 **Over Australia**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Zambia Untamed**
3.00 **Over Australia**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast** The shark, one of nature's deadliest predators.
9.00 **Wild Battlegrounds** The challenges faced by animals living in hot locations.
10.00 **Big Cat Country** Kimba and Maya risk crossing the river.
11.00 **Dawn to Dusk**
12.00 M'T **Arabian Seas**
1.00 AM **Strange Creatures**
2.00 **Superbeast** As 8.00pm.
3.00 **Wild Battlegrounds**
4.00 **Zambia Untamed**
5.00 **to 6.00** AM **Over Australia**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens** Double bill.
1.00 PM **Evidence of the Unexplained** Five editions.
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed** Claims that the Vatican may be hiding the truth about alien life.
8.00 **The Secret Nazi Expeditions** The factors prompting an SS mission to the Himalayas.
9.00 **Secrets in the Sand** How human resilience and conflict shaped life in the deserts.
10.00 How ancient burial sites illuminate forgotten lives and long-lost cultural shifts.
11.00 **Ancient Aliens** Claims that numerous people claim they have been abducted by aliens.
12.00 M'T Encounters with enormous, human-like beings.
1.00 AM **Alien Files: Unsealed**
2.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Incredible Engineering Blunders: Fixed**
12.00 NOON **Alien Highway**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made** Ten editions of the documentary, including at:
8.00 How wheelchair lifts and saunas are manufactured.
8.30 How upright pianos and flags are produced.
9.00 The manufacturing processes of Asian bowls and walking canes are detailed.
9.30 The making of plant oil extractors and power trainers.
10.00 An insight into the complex manufacturing processes that produce beehives and cast-iron cookers.
10.30 The making of ochre and hurdy gurdies.
11.00 **How Do They Do It?**
1.00 **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Last Night Out** Triple bill.
6.00 **Homicide Hunter** Exploring a murder in Colorado Springs.
7.00 **The First 48** A teacher is gunned down in broad daylight.
8.00 **Green Eyed Killers** The story of Kenneth and Carolyn Stahl.
9.00 **The First 48 Presents: Critical Minutes** Unforgettable cases in the history of the series.
10.00 **Alaska State Troopers** New edition Officers go undercover to catch a fugitive.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **Last Night Out**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild India**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Wild Chile** Double bill.
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Dr Oakley checks on newborn reindeer calves.
6.00 There is an issue infesting the reindeer at the AWCC.
7.00 **Secrets of the Zoo** A flock of flamingos flutter to their pasture.
8.00 **Jaguar vs Crocs** Rare footage of a fatal clash between a jaguar and a caiman.
9.00 **Jaguar Beach** Jaguars hunt sea turtles on Costa Rica's coast.
10.00 **When Sharks Attack 360** Diva uncovers a mysterious cluster of winter shark bites in California.
11.00 **Snakes in the City**
12.00 M'T **World's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Thai Cave Rescue**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The formation of a black hole.
8.00 **Thai Cave Rescue** The operation to save 12 boys and their football coach in 2018.
9.00 **Unexplained and Unexplored** Explorers Justin Fornal and Emiliano Ruprah search for the Ark of the Covenant.
10.00 **How Do They Do It?** The world's most expensive tea.
10.30 How a classic British bike is being rebooted in India.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Canal Boat Diaries**
4.00 PM **Canal Boat Diaries** Robbie Cumming journeys from Stourton to Wolverhampton.
5.00 Robbie journeys from Braunston to Lapworth.
6.00 A journey from Yardley Wood to Netherton Tunnel.
7.00 Robbie journeys from Hawne Basin to Stourbridge.
8.00 Robbie explores the picturesque Staffordshire and Worcestershire Canal.
9.00 Robbie journeys through Royal Leamington Spa and the historic town of Warwick with its medieval castle.
10.00 The meandering waterways of Birmingham.
11.00 The *Naughty Lass* collides with a low bridge
12.00 M'T Robbie Cumming journeys from Stourton to Wolverhampton.
1.00 AM **Canal Boat Diaries**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Hometown Homicide**
12.00 NOON **Calls from the Inside**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **On the Case with Paula Zahn**
7.00 **Death by Fame** A body-building attorney lands her own reality series, and a year later, investigators used the show to map how she went from the spotlight to stabbing victim.
8.00 A deputy sheriff turns in his badge to pursue a career in acting, but when a shooting leaves him injured and his wife dead, police learn there's more to this court TV star.
9.00 **Murder on CCTV** Adrianne Robert, who was found by her roommate after a night out.
10.00 Three people are all fatally shot by a gunman knocking at the front door.
11.00 **911: Did the Killer Call?**
12.00 M'T **Murder Calls**
2.00 AM **On the Case with Paula Zahn** Double bill of editions.
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers** Double bill.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals show off their wheelies.
9.00 **Mike Brewer: Born Dealer** Mike buys a stinker of a car at auction, and a BMW M3 turns into a rotten headache.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Motoring series.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **Love Me** As 11.15pm.
8.05 **Anemone** As 2.50am.
10.15 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
12.40 PM **Normal** As 8.00pm.
2.15 **Mortal Kombat II** Fantasy sequel starring Karl Urban. (2024, 15, 116min) ★★★
4.15 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★
6.00 **Heretic** Mystery horror. (2024, 15, 111min) ★★★★

4.15 Anaconda

8.00 **Normal** Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Primate** Horror starring Johnny Sequoyah and Jessica Alexander. A pet chimpanzee contracts rabies and brutally hunts a family in Hawaii. (2025, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Love Me** Drama starring Steven Yeun and Kristen Stewart. (2024, 15, 91min)
12.55 AM **Redux Redux** Fantasy adventure starring Michaela McManus and Stella Marcus. (2025, 15, 109min) ★★★★
2.50 **Anemone** Drama starring Sean Bean, Daniel Day-Lewis and Samantha Morton. (2025, 15, 125min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Box Set

303 303 403 503 517

6.40 AM **Men in Black** Comedy. (1997, PG, 94min) ★★★★
8.25 **Men in Black II** (2002) ★★★
10.00 **Men in Black 3** (2012) ★★★★
11.50 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
2.00 PM **The Mummy Returns** Adventure. (2001, 12) ★★★★
4.20 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
6.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★

8.00 Jurassic Park

8.00 **Jurassic Park** Steven Spielberg's starring the late Sam Neill and Laura Dern. A billionaire creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. With Jeff Goldblum and Bob Peck. (1993, PG, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Lost World: Jurassic Park** Steven Spielberg's blockbuster monster adventure sequel starring Jeff Goldblum, Julianne Moore and Arliss Howard. (1997, PG, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Jurassic Park III** Thriller. (2001, PG, 92min) ★★★
2.00 **Jurassic World** Adventure. (2015, 12, 124min) ★★★★
4.10 **Sky Cinema Preview**
4.50 **to 7.00** AM **Jurassic World: Fallen Kingdom** Sci-fi action adventure sequel with Chris Pratt. (2018, 12, 128min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Black Dog** As 2.30am.
8.15 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
10.30 **The Lion in Winter** Drama. (1968, 15, 135min) ★★★★
12.50 PM **Empire of the Sun** Steven Spielberg's epic drama. (1987, PG, 152min) ★★★★
3.30 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
5.45 **Valentine's Day** Romantic comedy with Ashton Kutcher. (2010, 12, 125min) ★★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
10.05 **Grease 2** Musical sequel starring Maxwell Caulfield, Michelle Pfeiffer and Adrian Zmed. (1982, PG, 109min) ★★
12.15 AM **Birdy** Drama with Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★
2.30 **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min) ★★★
4.35 **to 6.25** AM **Beach Rats** Drama. (2017, 15, 98min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Arcadian** As 3.15pm.
8.10 **Xeno** As shown at 3.25am.
10.05 **Man Finds Tape** Horror thriller. (2025, 15, 84min) ★★★★
11.35 **Anacondas: The Hunt for the Blood Orchid** Adventure sequel. (2004, 12, 97min) ★
1.25 PM **Gremlins 2: The New Batch** Horror comedy fantasy sequel starring Zach Galligan. (1990, 12, 107min) ★★★
3.15 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
5.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. (2014, 12, 166min) ★★★★
8.00 **Evil Dead 2** Sam Raimi's horror sequel starring Bruce Campbell. (1987, 18, 85min) ★★★★
9.30 **Annabelle** Horror spin-off starring Annabelle Wallis. A couple are attacked by members of a satanic cult, who transform a vintage doll into a monster. (2014, 15, 97min) ★★
11.15 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
1.10 AM **Nosferatu** Horror fantasy. (2024, 15, 132min) ★★★★
3.25 **Xeno** Fantasy with Lulu Wilson. (2025, 15, 103min) ★★★
5.15 **to 6.10** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.05 AM **Wicked: For Good** Fantasy. (2025, PG) ★★★
8.35 **Annie** (2014, PG) ★★★
10.35 **Charlotte's Web** Drama. (2006, U, 97min) ★★★
12.15 PM **The Lord of the Rings: Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
3.35 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
6.00 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★

3.35 Hook

7.45 **Teenage Mutant Ninja Turtles: Out of the Shadows** Action adventure sequel starring Megan Fox, Will Arnett and Stephen Amell. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy starring Jim Carrey, Emily Browning and Liam Aiken. Three orphaned siblings are sent to live with an evil count. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Sonic the Hedgehog 3** Fantasy sequel starring Jim Carrey. (2024, PG, 110min) ★★★
1.25 AM **Annie** Musical with Albert Finney and Carol Burnett. (1982, U, 128min) ★★★
3.35 **Babe** Comedy drama. (1995, U, 92min) ★★★★★
5.10 **to 6.40** AM **Cats & Dogs** Family comedy fantasy. (2001, PG, 87min) ★★★

Sky Cinema Action

306 306 407 507 521

7.00 AM **Kong: Skull Island** Fantasy. (2017, 12, 118min) ★★★★
9.05 **The Running Man** Comedy. (2025, 15, 133min) ★★★
11.25 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
1.25 PM **Bad Boys II** Thriller sequel. (2003, 15, 147min) ★★★
3.55 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★
6.20 **Normal** Comedy starring Bob Odenkirk and Lena Headey. (2026, 15, 91min) ★★★★

10.20 The Amazing Spider-Man 2

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Amazing Spider-Man 2** Action adventure sequel starring Andrew Garfield. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **300** Epic adventure. (2006, 15, 116min) ★★★★
2.45 **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
4.30 **to 6.30** AM **Highlander** Thriller. (1986, 15, 111min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **About Last Night** (2014)
9.00 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
10.40 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
12.30 PM **American Pie** Comedy. (1999, 15, 96min) ★★★★
2.15 **The Whole Nine Yards** Thriller. (2000, 15, 101min) ★★★
4.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
6.00 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★

9.50 Dumb & Dumber

8.00 **American Pie 2** Comedy sequel starring Jason Biggs. Four friends rent a lakeside house for the summer, and one decides he needs some sexual experience before the visit of an exchange student. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Dumb and Dumber** Comedy starring Jim Carrey and Jeff Daniels. Two nerdy friends go on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Brothers Grimsby** Action comedy starring Sacha Baron Cohen. (2016, 15, 83min) ★★
1.05 AM **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★
3.05 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
4.55 **to 7.25** AM **Eddington** Western with Joaquin Phoenix. (2025, 15, 148min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Hallow Road** As 4.00am.
7.30 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
9.30 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
11.40 **Cellular** (2004, 15) ★★★
1.25 PM **Patriot Games** Thriller. (1992, 15, 116min) ★★★
3.30 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
6.00 **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★

10.00 Fatal Attraction

8.00 **Civil War** Alex Garland's action thriller starring Kirsten Dunst, Wagner Moura and Cailee Spaeny. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Fatal Attraction** Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone, starring Michael Douglas. (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Lifehack** Thriller starring Georgie Farmer and Yasmin Finney. (2025, 15, 97min) ★★
1.55 **True Romance** Crime thriller. (1993, 18, 118min) ★★★★
4.00 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
5.30 **to 7.30** AM **The Thicket** Drama with Peter Dinklage. (2024, 15, 108min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Miracle on 34th Street** Fantasy. (1994, U) ★★★★
1.15 PM **The Black Swan** Adventure. (1942, PG, 85min) ★★★
3.00 **Sign of the Pagan** Historical drama. (1954, U, 92min) ★★
4.50 **All That Heaven Allows** Drama starring Jane Wyman. (1955, U, 89min) ★★★★
6.45 **The Electrical Life of Louis Wain** Biographical drama. (2021, 12, 111min) ★★★★

6.45 The Electrical Life of Louis...

8 PM **The Electrical Life of Louis Wain** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Captain Phillips** Gripping fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.40** **Dance with a Stranger** Drama starring Miranda Richardson as Ruth Ellis, the last woman to be hanged in Britain. With Rupert Everett as her doomed upper-class lover. (1984, 15, 98min) ★★
1.45 **to 4.00** AM **Our Kind of Traitor** Thriller starring Ewan McGregor and Naomie Harris. (2016, 15, 105min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema Animation

302 302 402 502 516

6.15 AM **The Ant Bully** Animation. (2006, U, 89min) ★★★★
7.55 **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
9.30 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
11.10 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
12.45 PM **Hotel Transylvania 2** Animation. (2015, U) ★★★
2.20 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
4.00 **Antz** Animated comedy. (1998, PG, 83min) ★★★
5.30 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
7.20 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
8.55 **Angry Birds Movie** Animation. (2016, U, 97min) ★★★
10.35 **Angry Birds Movie 2** Animated sequel. (2019, U, 93min) ★★★
12.15 AM **Smurfs: The Lost Village** Animation. (2017, U) ★★★
2.00 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
3.30 **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★
5.05 **Cinema List: Family Favourites**
5.30 **to 7.05** AM **Piece By Piece**

Sky Cinema Greats

307 307 404 504 518

6.00 AM **True Grit** Western. (1969, PG, 128min) ★★★★★
8.15 **Shenandoah** As 5.50am.
10.10 **Days of Thunder** As 2.55am.
12.10 PM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
1.40 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
3.40 **Demolition Man** Sci-fi thriller starring Sylvester Stallone. (1993, 15, 114min) ★★★
5.40 **First Knight** Romantic drama. (1995, PG, 134min) ★★★
8.00 **Robin Hood: Prince of Thieves** Adventure with Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
10.25 **Godzilla** Monster movie starring Matthew Broderick and Jean Reno. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
12.45 AM **The Exorcist** Horror chiller. (1973, 18, 121min) ★★★★★
2.55 **Days of Thunder** High-speed drama. (1990, 15, 107min) ★★★
4.50 **Sky Cinema Preview**
5.50 **to 7.50** AM **Shenandoah** Western starring James Stewart. (1965, PG, 101min) ★★★★

Disney+ Cinema

305 305

6.00 AM **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
7.25 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
8.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
11.05 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
12.55 PM **Hercules** Animated musical. (1997, U, 92min) ★★★★
2.30 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
4.05 **The Lion King** Animation. (2019, PG, 118min) ★★★
5.35 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
7.20 **Maleficent** Fairytale adventure. (2014, PG, 97min) ★★★★
9.00 **Solo: A Star Wars Story** Sci-fi action adventure prequel starring Alden Ehrenreich. (2018, 12, 135min) ★★★★
11.15 **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
1.05 AM **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
2.50 **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
4.30 **to 6.00** AM **The Haunted Mansion** (2003, PG) ★★

Movies 24

312 313 419

7.00 AM **For Love & Honey** Comedy. (2024, U, 84min) ★★
9.00 **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
11.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
3.00 **A Case for the Winemaker** Mystery with Candace Cameron Bure. (2024, PG, 90min) ★★
5.00 **You, Me, and that Mountain Retreat** Romantic comedy. (2023, PG, 86min) ★★
7.00 **Following Yonder Star** Festive romance with Brooke D'Orsay. A celebrity fleeing a scandal finds new purpose while helping a small town teacher organise a pageant. (2024, PG, 84min) ★★
9.00 **The Royal Nanny** Comedy with Rachel Skarsten. A secret agent is appointed as a nanny to royal children to foil an assassination plot. (2022, PG, 84min) ★★
11.00 **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
1.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Love & Jane** Fantasy. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Cotton Queen** Comedy. (1937, b/w, U, 80min) ★★★
7.40 **Law and Disorder** Comedy. (1940, PG, 74min) ★★
9.10 **The History of Mr Polly** Comedy. (1949, b/w, U, 95min) ★★★★
11.10 **The Second Woman** Thriller. (1951, b/w, PG, 91min) ★★
1.00 PM **Adventures of Sir Lancelot**
1.35 **From Here to Eternity** Drama. (1953, b/w, PG, 118min) ★★★★
3.55 **Odd Man Out** Drama. (1946, b/w, PG, 110min) ★★★★★
6.20 **Strange But True**
6.55 **The Brothers** 9/13. (S3)
8.00 **Mark Saber** 1/26. (S3)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **The Horror of Frankenstein** Hammer chiller starring Ralph Bates and Kate O'Mara. Victor Frankenstein continues his shocking experiments in bringing the dead back to life. (1970, 15, 95min) ★
11.20 **The Strange Case of Sherlock Holmes and Arthur Conan Doyle** Feature-length drama.
1.10 AM **300 Men and a Girl**
1.35 **Doomwatch** 6/12. (S3)
2.40 **Paper Gallows** (1950, 12) ★★
4.00 **Burke's Law** 32/32. (S1)
5.00 **to 6.00** AM **Railway Murders**

Thursday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **The World Football Show**
3.00 LIVE **The Hundred** **London Spirit v MI London.** Coverage of the women's match from Lord's, as the local rivals go head to head. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **London Spirit v MI London.** Coverage of the men's match from Lord's. The vistors won both meetings between these two sides last season. Start-time **6.30pm**.
9.30 LIVE **WTA & ATP Tennis** Coverage from day five of the Canadian Open, an ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
10.00 LIVE **WTA Tennis** Coverage of women's matches on day five of the Canadian Open in Toronto.
11.00 LIVE **WTA & ATP Tennis** Further coverage from the fifth day of the Canadian Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Best PL Goals 2018/19**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
3.30 **SNF** Action from Manchester United v Brighton & Hove Albion.
4.00 **Premier League Highlights** Arsenal v Manchester United. **4.30** Action from Manchester United v Manchester City. **5.00** Manchester United v Aston Villa staged at Old Trafford. **5.30** Manchester Utd v Liverpool. **6.00** Highlights of Manchester United v Nottingham Forest. **6.30** Action from Brighton & Hove Albion v Manchester United.
7.00 **The Transfer Show**
8.00 **Premier League Stories**
8.30 **Cult Heroes** A profile of Nani.
9.00 **Transfer 360** Double bill.
10.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2018/19**
5.00 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL** The 2021 play-off finals.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
12.00 NOON **EFL Highlights**
2.00 PM **EFL** Sheffield United v Sunderland from 2024/25.
3.00 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
6.00 **SPFL Highlights** Celtic v Rangers in the Scottish Premiership.
6.30 **EFL Highlights** Action from Notts County v Salford City. **7.30** Action from Bolton Wanderers v Stockport County.
8.30 **EFL** Hull City v Middlesbrough in the Championship play-off final.
9.30 **EFL Cup Highlights**
10.30 **Best Goals: EFL Cup 25/26**
11.00 **SPFL Highlights**
11.45 **Martin O'Neill: Champion Again**
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A replay of Trent Rockets v Birmingham Phoenix.
1.30 PM **The Hundred Bitesize** Highlights of yesterday's games.
2.45 LIVE **The Hundred** **London Spirit v MI London.** Coverage of the women's match from Lord's as the local rivals go head-to-head. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **London Spirit v MI London.** Coverage of the men's match at Lord's. The visitors won both meetings between these two sides last season thanks to victories by six wickets in both games. Start-time is at **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of London Spirit Women v MI London Women. **9.45** Brief highlights of London Spirit Men v MI London Men.
10.00 **The Hundred** London Spirit v MI London: Another chance to see the men's match from Lord's.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **Legends Tour Golf**
7.30 **PGA Tour Golf** Rocket Classic.
8.30 **PGA Tour Champions**
9.30 **PGA Tour Champions Learning Centre** Expert golfing advice.
10.00 **PGA Tour: The Cut**
10.30 **My Icon** Catriona Matthew.
10.45 **Women's Golf** Women's Open.
11.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day one of the Wyndham Championship.
2.00 PM LIVE **Ladies European Tour Golf** Coverage of day one of the PIF London Championship.
6.00 LIVE **PGA Tour Golf** Further coverage of the opening day of the Wyndham Championship staged at Sedgefield Country Club in Greensboro, North Carolina.
11.00 **Women's Golf** Women's Open.
12.00 M'T **How the 1997 Ryder Cup Was Won** Archive highlights.
3.00 AM **PGA Tour Golf**
4.00 **Women's Golf** Women's Open.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Highlights.
7.30 **ATP Tour This Week**
8.00 **WTA & ATP Tennis**
4.00 PM LIVE **WTA Tennis** Coverage of women's matches on day five of the Canadian Open in Toronto.
5.30 LIVE **WTA & ATP Tennis** Coverage of day five of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event held in Toronto.
10.00 LIVE **WTA Tennis** Further coverage from women's games on day five of the Canadian Open.
11.00 LIVE **WTA & ATP Tennis** Further coverage of day five of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event held in Toronto.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.30 AM **SailGP: Racing on the Edge**
7.00 **Cycling** Event highlights.
9.00 **Test Cricket Highlights**
10.00 **Playing for Our Future: Cricket**
10.15 **WRC Review** Rally Finland.
11.15 **NWSL** Recent action.
1.15 PM **The Gruppetto**
1.30 **Tour de France Women**
2.30 LIVE **Tour de France** Coverage from the sixth stage of the women's Grand Tour race, a 153km route from Montbrison to Tournon-sur-Rhone.
5.45 **TNT Sports Reload**
6.00 **MLB Highlights**
7.00 LIVE **MLB** **Milwaukee Brewers v Pittsburgh Pirates.** Coverage of the National League match from American Family Field in Wisconsin, as the two teams meet in the fourth and final game of the series. Start-time **7.10pm**.
10.00 **Premier League Stories**
10.30 **Sign Up – Into Football**
11.30 **WRC Review** Rally Finland.
12.30 AM **Classic Premier League**
1.30 **AFL** A replay of Western Bulldogs v North Melbourne Kangaroos.
3.00 **Cycling** Event highlights.
5.00 **to 6.00** AM **Men's Cycling**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Classics**
8.00 **MotoGP Highlights**
10.00 **TNT Sports Reload**
10.15 LIVE **AFL** **Western Bulldogs v North Melbourne Kangaroos.** Coverage from Marvel Stadium in Melbourne. Bounce-up **10.30am**.
1.15 PM **TNT Sports Reload**
1.30 **Test Cricket Highlights**
2.30 LIVE **Test Cricket** **West Indies v Pakistan.** Coverage of the fifth and final day of the second and final Test in the series staged at Queen's Park Oval in Trinidad and Tobago. The last two series between these two sides have ended in a 1-1 draws, bringing to an end a couple of consecutive 2-1 victories for Pakistan. The last time the West Indies won two Tests in a series against Pakistan was back in 1993, when they claimed a 2-0 victory in a three-match contest.
11.00 **TNT Sports Cricket Reload**
11.30 **Golden Trail World Series**
12.00 M'T **World Series of Poker**
2.00 AM **Ultimate Pool**
3.30 **Discovery Golf** The latest news.
4.00 **to 6.00** AM **NWSL**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** St Helens v Leeds Rhinos from 2025. **9.00** Huddersfield Giants v Leigh Leopards from 2025.
12.00 NOON **NFL Highlights** Arizona Cardinals v Seattle Seahawks from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks from the 2025/26 season.
4.00 **Super League Highlights**
5.00 LIVE **Women's Super League** **St Helens v Wigan Warriors.** Coverage of the match from BrewDog Stadium. Kick-off **5.15pm**.
7.30 LIVE **Super League** **St Helens v Hull FC.** Coverage of the match in the 22nd round of fixtures staged at BrewDog Stadium. Kick-off is at **8.00pm**.
10.15 **The Final Round** Boxing.
11.15 **Women's Super League**
11.30 **NBA on Fire** A behind-the-scenes look at the latest action.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **Super League** Another chance to see St Helens v Hull FC.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** A replay of Leigh Leopards v Catalans Dragons.
10.45 **My Icon** Ebony Rainford-Brent.
11.00 **Sky Sports FC**
11.30 **My Icon** Henni Goya.
11.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day one of the Wyndham Championship staged at Sedgefield Country Club in Greensboro, North Carolina.
5.00 PM LIVE **Women's Super League** **St Helens v Wigan Warriors.** Coverage of the match from BrewDog Stadium. Kick-off **5.15pm**.
7.30 LIVE **Super League** **St Helens v Hull FC.** Coverage of the match in the 22nd round of fixtures staged at BrewDog Stadium. Kick-off is at **8.00pm**.
10.15 LIVE **WTA Tennis** Coverage of day five of the Canadian Open.
11.00 LIVE **WTA & ATP Tennis** Further coverage from day five of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Auckland Open final.
9.00 **US Women's Open Golf**
10.00 **PGA Tour Golf** Phoenix Open.
11.00 **WTA Tennis** Hobart Open final.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold** Archive action.
1.00 **PL Greatest Games**
1.30 **World Club Challenge**
5.00 LIVE **Women's Super League** **St Helens v Wigan Warriors.** Coverage of the match from BrewDog Stadium. Kick-off **5.15pm**.
7.30 **NBC's Pro-Football Talk**
9.30 **ATP Tennis** Croatia Open final.
10.30 **Women's Golf** Women's Open.
11.30 **NFL Bitesize Highlights**
12.30 AM **Gary Anderson: Back2Back Champion**
1.00 **Championship Retro**
3.00 **Championship Season Review**
4.00 **British Kart Championships**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **The Rise of MVG**

TNT Sports 3

413 415 523 410 432

6.00 AM **WRC Review**
7.00 **WRC: More Than Machine**
8.00 **Discovery Golf**
8.30 **TNT Sports Reload**
8.45 **The Gruppetto** Cycling news.
9.00 **Men's Cycling Pro Series**
10.00 **Men's Cycling** Tour of Poland.
11.00 LIVE **Cycling** Coverage of the fourth stage of the men's Tour of Poland, a 175.5km route from Zagan to Karpacz.
3.45 PM **The Gruppetto**
4.00 **SailGP: Racing on the Edge**
4.30 **LIV Golf** Action from Uttoxeter.
5.30 LIVE **LIV Golf** Coverage of the first day of the 11th round of the season at Trump National Golf Club Bedminster in New Jersey.
11.30 **TNT Sports Reload**
12.00 M'T **UFC** Another chance to see Uros Medic v Daniel Rodriguez.
3.00 AM **UFC: The Ultimate Fighter**
4.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **Golden Trail World Series**

TNT Sports 4

414 416 524 411 434

6.00 AM **Classic Premier League**
8.00 **What I Wore** John Obi Mikel.
8.30 **Ultimate Pool** Recent action.
10.00 LIVE **London Premier Padel** A women's round-of-16 match.
12.00 NOON LIVE **London Premier Padel** A men's round-of-16 game from the Grand Hall at Olympia.
2.00 PM LIVE **London Premier Padel** Coverage from a women's round-of-16 match in London.
4.00 LIVE **London Premier Padel** A men's round-of-16 match.
6.00 LIVE **London Premier Padel** A women's round-of-16 match.
8.00 LIVE **London Premier Padel** A men's round-of-16 match from The Grand Hall at Olympia.
10.00 **AFL** A recent match replay.
11.30 **Cycling** Tour of Poland.
12.30 AM **Tour de France Women**
1.30 **Men's Cycling Pro Series**
2.30 **Motocross World Championship**
5.30 **to 6.00** AM **Formula E Flashback**

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** Latvia Grand Prix.
7.00 **Indikart Championship**
8.00 **NASCAR Highlights**
9.00 **DTM Motorsport Highlights**
10.00 **Coppa Italia** A chance to see Lazio v Inter Milan in the final.
12.00 NOON **Challenge Cup**
2.00 PM **Swedish Speedway**
4.00 **Bike World** Magazine.
4.30 **World of FreeSports**
5.00 **Premier Sports Cup**
7.25 LIVE **Football** **Arsenal v Real Betis.** Coverage of the pre-season friendly match from Aviva Stadium in Dublin. Kick-off is at **7.30pm**.
9.30 **KOTV Weekly** Boxing news.
10.00 **United Rugby Championship**
12.15 AM **Africa Eco Race**
12.30 **Challenge Cup** The final.
2.30 **Sporting Greats**
3.00 **German Cup** A replay of the final.
5.00 **World of FreeSports**
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Leinster v Bulls in the final.
8.15 **Africa Eco Race** Highlights.
8.30 **EUT20 Belgium** Another chance to see Brussels v Antwerp.
12.45 PM **EUT20 Belgium** The sixth play-off match from Stars Arena.
4.45 **Africa Eco Race** The latest motorsport highlights.
5.00 **Temples of Sport**
5.30 **Football's Greatest** The finest players discuss their careers.
6.00 **Argentine Primera** A chance to see Boca Juniors v Estudiantes.
8.00 **Football's Greatest** The finest players discuss their careers.
8.30 **Premier Sports Cup** Another chance to see Celtic v Rangers in the semi-final at Hampden Park.
11.00 **Temples of Sport** Iconic sporting venues from around the globe.
12.00 M'T **Motorsport** Valentino Rossi.
12.30 AM **NASCAR O'Reilly Series**
3.30 **Bike World** The latest action.
4.00 **to 6.00** AM **Brasileiro Serie A**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.30 PM **Ted's Notebook**
1.00 **Formula 1** Highlights.
3.15 **F1 Feature**
3.30 **Formula 1** Miami Grand Prix. **5.30** The Canadian Grand Prix. **6.30** The Monaco Grand Prix.
7.30 **Formula 1** The Miami Grand Prix.
11.00 **Formula 1** Highlights.
1.00 AM **F1 Explained**
2.00 **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

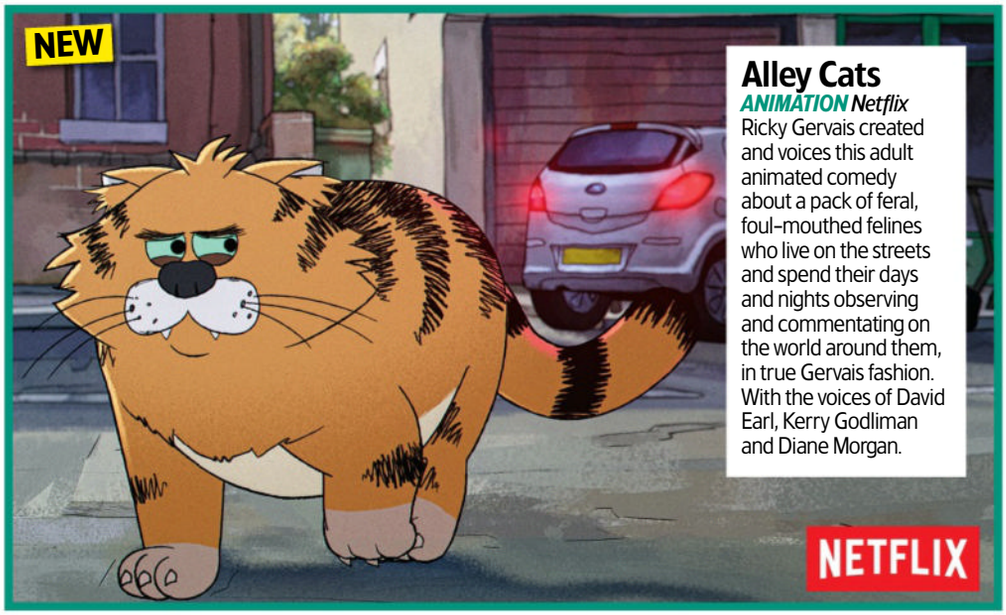
7 August

Planner

EFL Cup: 1st Round

FOOTBALL ITV1 & Sky Sports

The opening weekend of the competition starts with tonight's games including Wolves v Port Vale (kick-off 7.45pm) and the all-Championship tie between Middlesbrough and Wrexham (8pm).



Alley Cats

ANIMATION Netflix

Ricky Gervais created and voices this adult animated comedy about a pack of feral, foul-mouthed felines who live on the streets and spend their days and nights observing and commentating on the world around them, in true Gervais fashion. With the voices of David Earl, Kerry Godliman and Diane Morgan.

Song Sung Blue

DRAMA Sky Premiere, 6am & 3.40pm

Based on a documentary of the same name, Hugh Jackman and Kate Hudson star as two down-on-their-luck musicians who form a Neil Diamond tribute act, only to find their bond tested by health struggles and personal tragedy.

Silo

DRAMA Apple TV

As the post-apocalyptic thriller continues, Juliette (Rebecca Ferguson) struggles to navigate the dangerous lies keeping the Silo in check. With the discovery that Bernard Holland (Tim Robbins) survived season two's fire, at least she is not alone.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives	8.00 Granite Harbour		9.00 Would I Lie to...	9.30 Ann Droid	10.00 News; Local News	
	102 BBC2	7.00 Iolo's Anglesey	7.30 Beechgrove...	8.00 Gardeners' World		9.00 Bergerac		9.45 QI XL	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 EFL Cup – Live: Middlesbrough v Wrexham (Kick-off 8.00)						10.25 News
	104 CHANNEL 4	7.00 News		8.00 Surgery Secrets of the Super Rich		9.00 8 Out of 10 Cats Does Countdown		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Tom Read Wilson's Grand Tour		8.00 Corsica: Jewel of the Mediterranean		9.00 Alexander Armstrong in South Korea			10.30 Piers Morgan...
	106 SKY ONE	7.00 The Simpsons		8.00 An Idiot Abroad 2		9.00 Micky Flanagan: If Ever We Needed It		10.15 Grimsburg	
ENTERTAINMENT	115 BBC3	7.05 I Am...	7.20 Film: Night at the Museum 2			9.00 Death in Paradise		10.00 Ghosts Australia	
	116 BBC4	7.00 Also Sprach Zarathustra at the Proms		8.20 TOTP: 2000	8.45 TOTP: 1984		9.15 TOTP: 1988	9.45 Tony Bennett at the London Palladium: BBC...	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Film: John Wick			
	136 MORE4	‹ 6.50 Car S.O.S.		7.55 Grand Designs		9.00 Carpe Diem			10.05 24 Hours in A&E
	135 E4	7.00 The Simpsons		8.00 Vanderpump Rules		9.00 Celebrity Gogglebox for Stand Up to...		10.00 Film: American Pie: The Wedding	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	7.00 The Penguin				9.00 Station Eleven			
	110 U&GOLD	7.00 Dad's Army: The...	7.35 Porridge		8.20 Are You Being Served?	9.00 The Office		9.40 Fawlty Towers	10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?		8.20 QI XL		9.20 Would I Lie to You?	10.00 Magnum P.I.	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Grantchester	
	120 ITV4	‹ 6.55 Sharpe				9.00 Film: RoboCop			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Dara O Briain – Craic Dealer	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 NCIS: Sydney		10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Bob Dylan: The Other Side of the Mirror			9.35 I Was a Teenage Sex Pistol		
	132 U&W	7.00 MasterChef Australia			8.20 Nigella: At My Table	9.00 Pete Wicks: For Dogs' Sake			
DOCUMENTARY	125 DISCOVERY	7.00 Supercar Showroom		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition X: Atomic Sharks		10.00 Expedition Unknown: Shark Secrets	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Full Custom Garage		9.00 Gangland Chronicles			
	155 U&YESTERDAY	7.00 The Green Planet		8.00 Some Mothers Do 'Ave 'Em				10.00 Bangers & Cash	
	114 SKY DOCS	7.00 The Alien Autopsy Scandal		8.00 The Salisbury Poisonings: A Spy Next Door			9.40 Film: Bowling for Columbine		

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.15 **Trace, Track, Get My Car Back** (R)
10.45 **Expert Witness** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt: 20 Years of The One Show** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **The Hairdresser Mysteries** New episode *Like and Subscribe:* 4/6. Lily has a hairstyle emergency and a murder to solve. (S1) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Ann Droid

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 NEW **Our Lives** Cameras follow South Wales punk band the NaNaz, six women who are tearing up the rulebook on growing older. (S)

8 PM

8.00 **Granite Harbour** Series finale 3/3. As the case reaches a conclusion, Lindo and Bart face a race against time to find the real killer as long-held secrets are finally revealed. (S3) (S)(AD)
■ Entire series on BBC iPlayer

9 PM

9.00 **Would I Lie to You?** With Jush Jumbo, Judi Love, Tim Vine and Grayson Perry. (S)(R)
9.30 **Ann Droid** New episode 4/6. Sue invites Michael and Renee to a nice family dinner. (S1) (S)(AD)
■ Entire series on BBC iPlayer

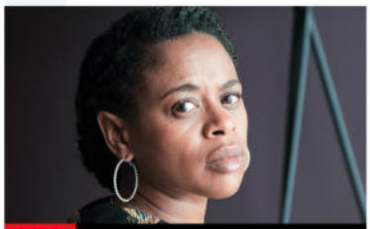
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.45 FILM **28 Days Later** Horror thriller starring Cillian Murphy, Naomie Harris, Megan Burns, Brendan Gleeson and Christopher Eccleston. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (S)(AD) (2002, 18, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Money for Nothing** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Hairy Bikers' Bakeation** (R)
3.45 **The Farmers' Country Showdown** From Westmorland County Show in Cumbria. (S)(R)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Haddon Hall. (S)(R)
6.00 **Richard Osman's House of Games** Gethin Jones, Tiff Stevenson, Kate Thornton and Gary Wilmot take part. (S)(R)
6.30 **Just One Thing** Exploring the benefits of eating beetroot. (S)(R)


9.00 Bergerac

7.00 **Iolo's Anglesey** Iolo Williams explores the flora and fauna of Anglesey. (S)(R)
7.30 **Beechgrove Garden** New edition Brian Cunningham harvests his spring vegetables, while Calum Clunie begins sowing winter crops. (S)
8.00 **Gardeners' World** New edition Monty Don and his team of horticultural experts offer viewers at home more gardening tips from their base in Monty's garden in Herefordshire. (S)
9.00 **Bergerac** *Different Rules Apply:* 4/6. Chloe finds evidence proving there is truth in John Blakely's accusations. (S1) (S)(R)(AD)
■ Entire series on BBC iPlayer
9.45 **QI XL** Sandi Toksvig hosts an extended edition with guests Ria Lina, Eshaan Akbar, Jimmy Carr and Alan Davies answering questions on the theme of tricks and treats. (S)(R)
10.30 **Newsnight** (S)
11.05 FILM PREMIERE **Hoard** Drama starring Saura Lightfoot-Leon and Joseph Quinn. Years after moving away from her hoarding mother, a foster teen revisits her childhood memories and the trauma she repressed. (S) (2023, 18, 115min) ★★★★ *See review, page 27.*
1.00 AM **Sign Zone: Panorama** (S)(R)
1.30 **Sign Zone: The Rapture** 3/5. Gabs and Dick suspect Leonard is hiding something. (S1) (S)(R)(AD)
2.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** A mix of celebrity chat and lifestyle features. (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his dealer den visit Newport, where Karen Dalmeny pays big bucks for a brooch, and Laurie Scully conducts a male voice choir. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Ronnie tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

11.15 Jack Reacher: Never Go Back

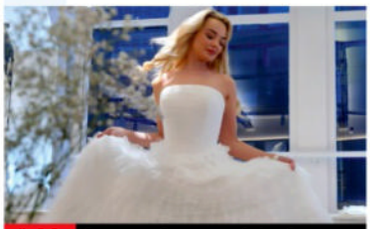
7.30 LIVE **Football: EFL Cup** Middlesbrough v Wrexham: Mark Pougatch presents all the action from the first-round game at Riverside Stadium. Boro will be looking to avoid a repeat of this stage last season, when they were beaten 4-0 here by Doncaster Rovers. Wrexham fared better in the competition, going on to reach the fourth round before they were eliminated by Welsh rivals Cardiff City following a 2-1 defeat. With analysis from Tommy Smith and Steven Fletcher, and commentary by Seb Hutchinson and Lucy Ward. Kick-off is at 8.00. (S)
10.25 **ITV News** (S)
10.55 **Local News** (S)
11.15 FILM **Jack Reacher: Never Go Back** Thriller sequel starring Tom Cruise. The vigilante tries to save an army major who has been framed for murder by a conspiracy. (S) (2016, 12, 115min) ★★★
1.10 AM **Teleshopping**
3.00 **Force of Nature** Shifting rains test three animal mothers as floods transform habitats. (S)(SL)(R)(AD)
3.50 **Long Lost Family** (S)(SL)(R)(AD)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 16-19/24. (S4) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** Searching for a holiday home in Cádiz. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** At Treberfydd House in Wales, the biggest wedding of the year is underway. (S)(R)(AD)
5.00 **Chateau DIY** At the Château de Lalacelle, Terry and Ashley bring their garden back to life. (S)(R)(AD)
6.00 **American Pickers** Mike Wolfe and Frank Fritz find a rare *Superman* comic. (S)(R)(AD)


8.00 Surgery Secrets of the Super...

7.00 **News** (S)
8.00 **Surgery Secrets of the Super Rich** New edition 4/6. Hannah has a nose job, Hollie tackles sun damage with laser technology, and Nabeel is investing over £1,000 a month in a programme of tweakments. (S)(AD)
9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts the comedy words-and-numbers quiz, as captains Rob Beckett and Jon Richardson are joined by Katherine Ryan and Fatiha El-Ghorri. (S)
10.00 **Big Fat Quiz: Best Bits** New edition Victory is snatched from the jaws of humiliation, as comedians including Sara Pascoe, James Acaster, and Jamie and Natasia Demetriou taste sweet success against all odds. (S)
11.05 **Sarah Millican: Home Bird** (S)(R)
12.10 AM **Greg Davies: The Back of My Mum's Head** Stand-up. (S)(R)(AD)
1.05 **Ramy** New episodes 7/10. Ahmed receives a proposal. (S)(AD)
1.40 8/10. Ramy finds himself in an awkward situation. (S3) (S)(AD)
2.15 FILM **Theater Camp** Comedy with Ben Platt and Molly Gordon. (S) (2023, 12, 95min) ★★★★
3.50 **Sunday Brunch** (S)(R)
4.00 **to 6.00** AM **Four in a Bed** (S)(R)

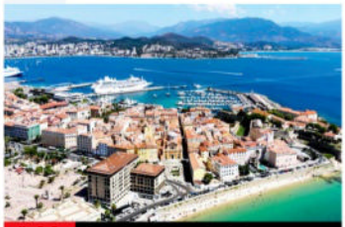
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 FILM **The Book Club Murders** Mystery starring Brittany Underwood and Eva Igo. (S) (2024, PG, 100min) ★★
4.00 **Castle** *Reckoning.* 15/23. Part two of two. Castle and the team search for Beckett. (S7) (S)(R)
4.55 **Love Nature** Discovering how the humble fox should be celebrated not vilified. (S)(R)
5.00 **5 News with Dan Walker** (S)
6.00 **Menorca: A Year in the Sun** Part two of two. A look at Menorca's seafood, art and architectural restorations. (S)(R)
6.55 **News** (S)



8.00 Corsica: Jewel of the...

7.00 Tom Read Wilson's Grand Tour The presenter reimagines the rite of passage once undertaken by aristocrats on their Grand Tours of Europe, beginning in Paris. (S)(R)

7.55 News (S)

8.00 Corsica: Jewel of the Mediterranean New edition Cameras focus on the French island, which boasts 600 miles of stunning coastline, lush green forests and majestic mountains. (S)

9.00 Alexander Armstrong in South Korea Alexander journeys across South Korea, one of the most influential and successful countries on Earth, known for its manufacturing strength and cultural exports. (S)(R)

10.30 Piers Morgan: Uncensored New edition Opinion-led news and debate show. (S)

12.00 M'T **Fare Dodgers: At War with the Law** Documentary. (S)(R)
1.00 AM **Teleshopping** (S)(R)
2.00 **GPs: Behind Closed Doors** A pensioner has a cough. (S)(R)
2.50 **Castle** 15/23. (S7) (S)(R)
3.40 **Friends** 10&11/24. (S9) (S)(R)
4.30 **Jane McDonald's Yorkshire: No Place Like Home** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S6) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S10) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Moon: Nature's Secret Force** Documentary. (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *Lisa's Substitute:* Lisa develops a crush. (S)(R) **5.30** *One Fish, Two Fish, Blowfish, Blue Fish:* Homer fears he has 24 hours to live. (S)(R)
6.00 **Animal Control** *Lost Dogs and Bar Flies:* 4/12. Frank's dog is taken away from him. (S)(R) **6.30** *French Bulldogs and White Broncos:* 5/12. Frank tries to find a date. (S4) (S)(R)

10.15 Grimsburg

7.00 The Simpsons *The War of the Simpsons:* Homer and Marge try to save their marriage. (S)(R) **7.30** *Three Men and a Comic Book:* Bart, Milhouse and Martin face a dangerous confrontation. (S)(R)

8.00 An Idiot Abroad 2 Karl Pilkington travels along America's Route 66, where activities along the way include performing with a high-school choir and a cuddle party with New Age therapists. (S)(R)

9.00 Micky Flanagan: If Ever We Needed It Stand-up show by the comedian, who discusses life since turning 60 and growing older and reflects on the changes in the world around him. (S)(R)

10.15 Grimsburg New episodes *The Flute-Itive:* 4/13. Flute decides to enter the Grimsburg Miniature Competition. (S) **10.45** *Say Yes to the Death:* 5/13. The police department goes undercover. (S1) (S)

11.15 **Grimsburg** New episode *Murder on the Splurt Express:* 6/13. The host of a murder mystery party is killed, while Summers attempts flirting with Wynona. (S1) (S)
11.45 **Animal Control** (S4) (S)(R)
12.45 AM **Grimm** 8/13. (S6) (S)(R)
1.40 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (R)
3.00 **Hawaii Five-0** 1/25. (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
12.30am Alan Carr's Picture Slam (S)(R) **1.15-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.30** Eisteddfod Genedlaethol New edition **12.00noon** Newyddion **12.05pm** Eisteddfod Genedlaethol New edition **2.00** Newyddion **2.05** Eisteddfod Genedlaethol New edition **4.00** Eisteddfod Genedlaethol New edition **5.30** Eisteddfod Genedlaethol New edition **7.30** Newyddion a'r Tywydd **7.50** Eisteddfod Genedlaethol New edition **10.30** Y Babell Lên New edition **11.00pm-12.05am** Gwesty Aduniad

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **I Am Darren** Sports mockumentary about GB Paralympian Darren Silverstone, who stole the hearts of a nation before his infamous chokey-o in Tokyo.
7.20 FILM **Night at the Museum 2** Fantasy comedy sequel starring Ben Stiller. A former museum security guard has to rescue his pals, a group of exhibits who come to life at night, when they are moved to Washington, DC. (2009, PG, 100min) ★★★
9.00 **Death in Paradise** 4/8. A distillery owner is poisoned during a group tasting of his premium rum, but the case is shrouded in mystery. (S14)
10.00 **Ghosts Australia** 4/8. Kate's mother invites herself to move in, but a ghostly plan is hatched to get rid of her. **10.20** 5/8. Kate and Sean's date night is interrupted. (S1)
10.45 **The Golden Cobra** (S1)
12.40 AM **Ideal** 1-6/8. (S3)
3.35 **to 3.50** AM **Calamity James**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM NEW **Also Sprach Zarathustra at the Proms** A trio of pieces inspired by the wonders of the sky.
8.20 **TOTP: 2000** With All Saints.
8.45 **TOTP: 1984** With Tracey Ullman and Blancmange.
9.15 **TOTP: 1988** Featuring Kim Wilde and The Funky Worm.
9.45 **Tony Bennett at the London Palladium: BBC Sessions** A 2011 concert in which the American singer marked his 85th birthday.
10.45 **Tony Bennett Sings – Songs from the Movies** The crooner performs a selection of big-screen songs.
11.15 **Tony Bennett Sings – His Personal Hit Songbook**
11.50 **Tony Bennett Sings – Songs of Broadway**
12.20 AM **Tony Bennett Sings – Saloon Songs**
12.55 **Tony Bennett Sings – Song Stories**
1.25 **Tony Bennett Sings – Tin Pan Alley**
1.55 **Tony Bennett's New York**
3.20 **to 3.45** AM **TOTP: 2000**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from in and around Guildford, Surrey.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1992 Saab 900 Turbo. **6.50** Tim Shaw and Fuzz Townshend are taking on their 100th car and their first electric conversion.

7.55 Grand Designs Kevin McCloud revisits the building of an art deco lighthouse tower in Devon.

9.00 NEW SERIES **Carpe Diem** 1/6. French legal drama starring Samuel Le Bihan as a man who was falsely imprisoned, and now works as a lawyer defending others who have been wrongfully accused. Subtitled. (S1)

10.05 24 Hours in A&E A seven-year-old boy is brought in after falling from a tree, a 66-year-old man has collapsed at home and an eight-year-old is suffering from severe hay fever.

11.10 24 Hours in A&E A retired builder is treated after falling from his daughter's roof.
12.15 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Manchester.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Mum mayhem.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**

7.00 **The Simpsons** *Simprovised:* Homer turns to comedy. **7.30** *Orange Is the New Yellow:* Marge is sent to jail.
8.00 **Vanderpump Rules** New edition Lisa offers Marcus the chance to DJ at a premiere party.
9.00 **Celebrity Gogglebox for Stand Up to Cancer** Celebrities join the regulars to react to the week's TV.
10.00 FILM **American Pie: The Wedding** Comedy sequel starring Jason Biggs. The old friends rally round when two of the gang get married. (2003, 15, 96min) ★

11.55 **Naked Attraction**
1.00 AM **Gogglebox**
2.00 **Vanderpump Rules**
3.00 **Ramsay's Kitchen Nightmares USA**
3.50 **The Goldbergs**
4.40 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 20/22. (S6)
12.00 NOON **FBI** 12&13/19. (S2)
2.00 PM **The Rookie** 8/22. The team attempt to stop an explosive rampage. (S5)
3.00 **Law & Order: Criminal Intent** 8/16. A man who is being blackmailed is bludgeoned to death. (S9)
4.00 **Nothing to Declare**

9.00 Chicago Fire

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** A countdown of the most incredible, hilarious and spectacular real-life crashes in the world.

9 PM
9.00 **Chicago Fire** *Pierce the Vein:* 7/21. Violet brings a 51 firefighter on board the ambulance for a shift. (S14)

10 PM
10.00 **FBI: Most Wanted** *Invisible:* 5/14. The team are pushed to their limits when a highly-skilled military veteran snaps. (S1)
11.00 **The Rookie** 4/22. Rosalind returns with a vengeance. (S5)
12.00 M'T **FBI** 1&2/19. (S2)
2.00 AM **FBI: International** (S3)
3.00 **The Force: Manchester**
4.00 **Road Wars**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Billions** 11&12/12. (S4)
10.20 **Heated Rivalry** 5&6/6. (S1)
12.30 PM **Homicide: Life on the Street** 18&19/22. (S4)
2.30 **Billions** 11&12/12. (S4)
4.40 **The Last of Us** 1/9. A hardened survivor of a fungal outbreak is tasked with a mission that could save the world. **6.05** 2/9. After escaping the QZ, Joel and Tess clash over Ellie's fate while navigating the ruins of Boston. (S1)

9.00 Station Eleven

7.00 **The Penguin** *Homecoming:* 5/8. Oz makes a move to turn the tables, while Sofia strives to build a new legacy.
8.00 **The Penguin** *Gold Summit:* 6/8. Oz seeks to expand his reach, while Victor crosses paths with a former adversary. (S1)
9.00 **Station Eleven** New episodes *The Severn City Airport:* 5/10. Elizabeth, Tyler and Clark have an uncertain future.
10.00 **Station Eleven** *Survival is Insufficient:* 6/10. Kirsten leaves the Traveling Symphony to track the Prophet. (S1)
11.00 **The Last of Us** 9/9. Joel and Ellie edge closer to the end of their journey. (S1)
12.00 M'T **True Detective: Night Country** 6/6. The truth about what happened unfolds. (S4)
1.30 AM **Billions** 9-11/12. (S4)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Orange...**
9.20 **The Only Way Is Essex**
10.20 **Dawson's Creek** 5/13. (S1)
11.20 **Charmed** 5/22. (S1)
12.15 PM **Deal or No Deal**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 John Wick

7.00 **The Floor USA** New edition With $250,000 on the line, the final 16 players face the toughest categories yet.
8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.
9.00 FILM **John Wick** Action thriller starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. With Willem Dafoe. (2014, 15, 101 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Family Guy** 4/21. Brian begins dating an older woman. (S8)
11.35 **Family Guy** 4/16. (S7)
12.05 AM **American Dad!** (S16)
1.05 **Bob's Burgers** 9&4/22. (S13)
1.55 **Deal or No Deal: Banker's Best Battles**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *The Debt of Lies:* A newly arrived resident of a police retirement community is found dead.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Caught in the Headlights:* Gina is suspected of a hit-and-run, and Vernon is hired to escort two singers.

8.00 Doc Martin

6.55 **Heartbeat** *Love's Sweet Dream:* Tricia is over the moon as she and Mike finally declare their love for one another.
8.00 **Doc Martin** *Accidental Hero:* 6/8. Penhale decides to have a Police Open day to raise community awareness.
9.00 **Doc Martin** *Blade on the Feather:* 7/8. Morwenna tries to find a replacement rower when Eric suddenly dislocates his finger. (S8)
10.00 **Grantchester** 5/6. An unexpected twist lies in store at a charity boxing match at Vic's gym. (S5)
11.00 **Grantchester** 6/6. A woman is found dead, laid out in the shape of a crucifix. (S5)
11.50 **Trial & Retribution** 7/10. A killer is on the loose. (S10)
12.55 AM **Agatha Christie's Poirot**
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon** 8/14. (S6)
10.15 **The Professionals**
11.20 **Robin of Sherwood**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon** 9/14. (S6)
4.50 **The Professionals** *Everest Was Also Conquered:* Bodie and Doyle investigate a crime dating back to 1953.
5.50 **Minder** *A Lot of Bull and a Pat on the Back:* Arthur and Terry are hired to transport a bull.

9.00 RoboCop

6.55 **Sharpe** *Sharpe's Gold:* 1/3. Sharpe sets out to rescue British deserters captured by Spanish rebel El Casco. Along the way he crosses swords with a fellow officer and comes to the aid of a damsel in distress. (S3)
9.00 FILM **RoboCop** Futuristic comic-book thriller starring Peter Weller and Nancy Allen. A murdered cop is transformed into an indestructible cyborg policeman. With Dan O'Herlihy and Ronny Cox. (1987, 18, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 **Wrestling: AEW Dynamite** Hard-hitting wrestling action, featuring world-class talent including Jon Moxley and Claudio Castagnoli.
1.30 AM **Minder**
2.30 **to 3.00** AM **Two and a Half Men**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.25 LIVE **Sportscene: Championship** Partick Thistle v Livingston: Coverage of the second-tier match staged at Wyre Stadium at Firhill. Kick-off is at 7.30.
9.30 **Best of Only an Excuse?** 1/4. A selection of sketches picked from the archives of the hit comedy, mixing classic characters, favourite skits and hilarious media spoofs.
10.00 **Still Game** 4/9. Jack forces Victor to drive a car. (S2)
10.30 **Two Doors Down** 1/6. Colin turns to his neighbours for support when he is dumped by Cathy. (S6)
11.00 PM **to 12.00** M'T **Rip It Up** The evolution of the Scottish music industry.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** Double bill. (S3)
10.00 **Upright** 5&6/8. (S1)
11.20 **Will & Grace** (S7)
12.20 PM **The Comeback** (S3)
1.40 **Upright** 6&6/8. (S1)
3.00 **Will & Grace** (S6)
4.00 **The Office Movers** (S1)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 2/28. Andy plans his wedding. **7.30** 3/28. Holly holds a seminar on ethics. (S5)
8.00 **The Office Movers** 1/6. Two brothers attempt to save their failing office moving company. **8.30** 2/6. Everett trains up a fresh crop of Shazam movers. (S1)
9.00 **Alex Edelman: Just for Us** Stand-up comedy.
10.45 **Rob Beckett: Wallop**
12.00 M'T **Chris Ramsey: Live from London**
1.00 AM **Community** (S1)
2.00 **The Comeback** (S3)
2.40 **Upright** (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Agatha Christie's Pale Horse**
2.00 PM **The Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Bob Dylan: The Other Side of the Mirror**
9.35 **I Was a Teenage Sex Pistol** Exploring the story of the punk band.
11.20 **Classic Albums**
12.20 AM **The Jam: Live at Rockpalast**
1.50 **Pretenders Live and Loose in LA**
3.45 **Sky Arts Book Club**
4.45 **to 6.00** AM **Sean Connery vs James Bond**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 26/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 1/26. (S5)
8.00 **Police 24/7** A traffic accident uncovers a drug dealer up to no good.
9.00 FILM **The Bricklayer** Thriller. (2023, 15) ★★
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five colleagues take part.
3.00 **Supermarket Sweep**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Tina takes on the Banker for the chance to win life-changing cash.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Celebrity Lingo** Kate Garraway and Ashley James battle Toyah Willcox and Carol Decker. **9.30** Lisa Riley, Mark Charnock, the Rev Richard Coles and Tim Vine take part.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** As 4.00pm.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Find It, Fix It, Flog It**
10.00 **American Pickers**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.35 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port**
8.00 **Renovation Rescue** A retired artist needs help renovating her home near the sea.
9.00 **24 Hours in A&E** A man is rushed in after a motorbike accident.
10.00 **Murder Case: The Digital Detectives** How forensics uncovered the events of the murder of Matthew Daulby.
11.05 **Gogglebox** Double bill.
1.05 AM **8 Out of 10 Cats Does Countdown**
2.05 **Big Fat Quiz: Best Bits**
3.05 **Secret Lives of Gypsy Wives** Documentary.
4.05 **to 5.05** AM **The Dog House**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** (S3&4)
4.00 **Stargate SG-1** 3/20. The Stargate Command is put under quarantine. (S8)
5.00 **Star Trek: Voyager** 19/26. Seven of Nine rescues a former Borg boy. (S6)
6.00 **Star Trek: Enterprise** 16/24. Dr Phlox puts all the crew members into a coma. (S3)

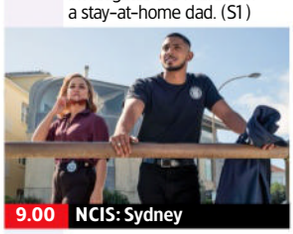
2.00 Warehouse 13

7.00 **Stargate Atlantis** *The Seer:* 8/20. The team meet a prophet named Davos. Guest stars Martin Jarvis. (S4)
8.00 **Stargate SG-1** *Lockdown:* 3/20. A Russian Air Force colonel joins the Stargate Command, but falls ill almost immediately. (S8)
9.00 **Resident Alien** *Family Day:* 5/16. Harry and Asta's trip is interrupted by a relative as the town celebrates family. (S2)
10.00 **Grimm** *Fugitive:* 1/13. Captain Renard claims power as the mayor-elect of Portland, posing a new threat to Nick. (S6)
11.00 **The Walking Dead** 13/16. A routine supply drop-off goes awry for the residents of the Kingdom. (S7)
12.00 M'T **Resident Alien** 4/16. Asta thinks Harry might be building another bomb. (S2)
1.00 AM **Warehouse 13** (S3&4)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** (S2)
10.00 **The Mentalist** 16/22. (S5)
11.00 **Hudson & Rex** 13/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **The Mentalist** 16/22. (S5)
5.00 **Hudson & Rex** 13/16. Sarah's friend suffers an attack that leaves him in a coma. (S6)
6.00 **Body of Proof** 7/9. Megan investigates the murder of a stay-at-home dad. (S1)


9.00 NCIS: Sydney

7.00 **Private Eyes** *Kissing The Canvas:* 10/18. Shade is hired by a female boxer to prove a fight was fixed. (S2)
8.00 **Death in Paradise** *Episode 5:* 5/8. The team investigate the murder of a former children's home resident. (S12)
9.00 **NCIS: Sydney** *Gone Fission:* 1/8. An American is found dead on a US submarine in Sydney. (S1)
10.00 **Father Brown** *The Puzzle of Banburismus:* The priest has to untangle the mysteries that lie within a sewing circle.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu make unlikely allies. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.30 **Last of the Summer Wine**
11.45 **Going Straight**
12.25 PM **Only Fools and Horses**
1.05 **Keeping Up Appearances**
1.45 **Dad's Army: Lost Episodes**
2.25 **The Green Green Grass**
3.05 **Are You Being Served?**
3.45 **Going Straight**
4.25 **Dad's Army: Lost Episodes**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 The Office

7.00 **Dad's Army: Lost Episodes** The platoon suspect someone is signalling to enemy aircraft.
7.35 **Porridge** The inmates decide on a wager as the parole board gather.
8.20 **Are You Being Served?** Mr Grace opens a social club for his employees.
9.00 **The Office** Tim decides he is wasting his time in a dead-end job.
9.40 **Fawlty Towers** The death of a guest leads to all manner of mayhem. Guest stars Geoffrey Palmer.
10.20 **Not Going Out** Lee feels isolated and decides to try speed-dating.
11.00 **The Green Green Grass**
11.40 **The Office** As 9.00pm.
12.20 AM **Fawlty Towers**
1.00 **Not Going Out** As 10.20pm.
1.40 **Am I Being Unreasonable?**
2.30 **Don't Wait Up**
3.00 **Am I Being Unreasonable?**
3.30 **to 4.00** AM **The Green...**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein: From Venice to Istanbul** Cooking kofte kebabs.
11.20 **Yukon Gold**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Martin Clunes: Islands of Australia** Mundoo Island.
4.00 **Rick Stein: From Venice to Istanbul** Cooking kofte kebabs.
5.00 **Rick Stein's Cornwall**
6.00 **Hairy Bikers' Best of British**

9.00 QI XL

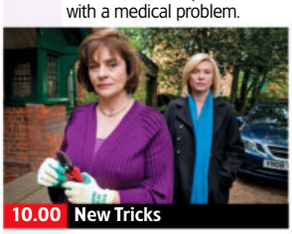
7.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fly to Enniskillen.
7.40 **Would I Lie to You?** With Greg Rutherford, Henning Wehn, Kirsty Young and Joanna Scanlan. **8.20** With Jimmy Carr, Griff Rhys Jones, Dave Myers and Susanna Reid.
9.00 **QI XL** Ross Noble, Kathy Lette, Sue Perkins and Alan Davies attempt to answer Stephen Fry's range of fiendish questions.
10.00 **Magnum P.I.** *Death Is Only Temporary:* 6/20. A tycoon asks Thomas to find an old flame who recently got in touch. (S1)
11.00 **Magnum P.I.** 7/20. The private detective takes on the case of a little girl's missing cat. (S1)
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI** Double bill.
3.15 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Blamire's old friend Foggy Dewhurst arrives in the village. **6.40** The trio help a friend with a medical problem.


10.00 New Tricks

7.20 **Last of the Summer Wine** Foggy organises a weekend away, but Clegg is convinced it will end in disaster.
8.00 **Father Brown** *The Enigma of Antigonish:* The sleuth investigates staff at a local health spa when an ex-employee is found dead.
9.00 **Father Brown** *The Red Death:* Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.
10.00 **New Tricks** *Meat Is Murder:* Gerry confronts his past when a 33-year-old murder at Smithfield Market is reinvestigated.
11.20 **Luther** 5/6. The DCI suspects he's been double-crossed. (S1)
12.40 AM **Lovejoy** 5/10. A bereaved couple hire Lovejoy to find a pair of pistols and bring about the downfall of a killer. (S1)
1.50 **Sister Boniface Mysteries**
2.50 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

Friday

7 PM — 8 PM — 9 PM — 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 17-19/20. (S22)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *One Shot, One Kill:* 13/23. The team hunt down a sniper. **7.00** *The Good Samaritan:* 14/23. Three similar execution-style killings take place. **8.00** *Enigma:* 15/23. Gibbs's former commanding officer is accused of murder. (S1)
9.00 **Beauty and the Beast** *Date Night:* 21/22. Cat and Vincent's attempt to behave like a normal couple backfires. **10.00** *Never Turn Back:* 22/22. Cat uncovers secrets about her family's past, and Gabe resorts to desperate measures in search of answers. (S1)
11.00 **Law & Order: Special Victims Unit** (S18)
2.55 **to 3.50** AM **Wild Cards**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Staff treat an 88-year-old who has been knocked over by high-speed winds.
9.00 **999: Critical Condition**
10.00 **A&E After Dark** A young man is brought into Hull Royal Infirmary with stab wounds.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Police Interceptors**
10.35 **Gunsmoke** (S12)
11.40 FILM **Shane** Western with Alan Ladd. (1953, PG, 118min) ★★★★★
2.05 PM FILM **The Quick Gun** Western. (1964, PG, 87min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions Stop Sticks are deployed to end a pursuit of a Jeep. **10.30** A suspect kicks in a witness's door.
11.00 **The X-Files** 14/20. (S5)
12.00 M'T **Britain's Most Dangerous Prisoners**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers at Home: Drew's Honeymoon House**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers at Home: Drew's Honeymoon House**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The cooks present a favourite dish that they cook at home.
8.20 **Nigella: At My Table**
9.00 **Pete Wicks: For Dogs' Sake** Pete helps rehabilitate a group of ex-racing greyhounds. **10.00** Pete meets a dog who's been at the centre for three years.
11.00 **Gavin & Stacey**
12.55 AM **Inside the Ambulance**
1.35 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **Great War Stories**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **Great War Stories**
6.00 **Antiques Roadshow**
7.00 **The Green Planet**
8.00 **Some Mothers Do 'Ave 'Em** Triple bill.
10.00 **Bangers & Cash** Derek collects a Ford Thames 400E that belonged to Edison Lighthouse. **11.00** A series of head-turning supercharged cars head to the auction room.
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Victoria Hervey.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: Born Without Trace**
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House**
8.00 **Antiques Road Trip**
9.00 **My Lottery Dream Home** New editions David helps a couple upsize in Wisconsin. **9.30** A couple seek a home in Cleveland.
10.00 NEW SERIES **Help! I Wrecked My House**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S5)
9.00 **Doctor Finlay** 8/8. (S4)
10.00 **Hamish Macbeth** (S3)
11.00 **Little House on the Prairie** 15&16/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 15&16/22. (S2)
6.00 **Hamish Macbeth** (S3)
7.00 **M*A*S*H** 7/16. Hawkeye holds a surprise party. **7.30** 8/16. Hawkeye screens a racy new film. **8.00** 2/16. Marines celebrate Halloween. **8.30** 6/16. Hawkeye and Charles try to prove a point. (S11)
9.00 FILM **Bandidas** Western starring Penélope Cruz and Salma Hayek. (2006, 12, 92min) ★★
11.00 **M*A*S*H** (S11)
1.00 AM **Rising Damp** (S1)
1.30 **Man About the House**
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** 1/32. (S2)
9.50 **Murder Maps**
10.50 FILM **Wild Wind** World War Two adventure starring Jay North. (1985, PG, 100min) ★★
12.40 PM **The Unit** 2/23. (S2)
1.40 **Burn Notice** (S2&3)
3.40 FILM **The Vault** Thriller with Freddie Highmore. (2021, 15, 118min) ★★
6.00 **The Unit** 2/23. (S2)
7.00 **Burn Notice** (S2&3)
9.00 FILM **Air Force One** Crime action drama starring Harrison Ford and Gary Oldman. (1997, 15, 124min) ★★★
11.35 **The Avengers**
12.35 AM **The New Avengers**
1.35 **The Persuaders!**
2.35 FILM **Meteor Storm** Thriller starring Michael Trucco and Kari Matchett. (2010, 12, 90min) ★
4.00 **Coast Guard Alaska**
4.45 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Picture Perfect Mysteries: Exit Stage Death** Drama starring Alexa PenaVega. (2020, PG, 89min) ★★
10.05 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 18/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 19/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries**
11.50 FILM **Murder, She Baked: A Peach Cobbler Mystery** Crime drama starring Alison Sweeney. (2016, PG, 85min) ★★
1.45 AM FILM **Mommy's Little Boy** Thriller starring Bree Williamson. (2017, PG, 88min) ★★
3.25 **to 5.00** AM FILM **The Killer Downstairs** Thriller with Cindy Busby. (2019, 12, 90min) ★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Team Bride** Drama. (2023, U) ★★
10.10 FILM **Wedding Season** Romantic comedy. (2023, U, 84min) ★★
12.05 PM FILM **Summer Love** Romantic drama. (2016, PG, 83min) ★★
2.00 FILM **October Kiss** Romantic drama. (2015, PG, 115min) ★★
3.55 FILM **North to Home** Drama. (2022, PG) ★★
5.50 FILM **Falling for the Manny** Romantic drama. (2023, PG, 89min) ★★
7.50 FILM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
9.45 FILM **Wedding Wonderland** Drama. (2017, PG, 92min) ★★
11.45 FILM **Love at the Lodge** Drama. (2022, U) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **October Kiss** Drama. (2015, PG, 90min) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Shropshire.
1.00 PM **My Floating Home**
2.00 **The Two Ronnies in Australia** Comedy.
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **Edwardian Farm**
6.00 **My Floating Home**
7.00 **Love Your Garden** Alan Titchmarsh and his team transform a garden in Shrewsbury, Shropshire.
8.00 **Garden Rescue**
9.00 **The Two Ronnies in Australia** Comedy.
10.00 FILM **Groupie Girl** Drama with Esme Johns. (1970, 18, 87min) ★★
12.00 M'T FILM **Adventures of a Taxi Driver** Comedy starring Barry Evans. (1976, 18, 86min) ★
2.00 AM **The Two Ronnies in Australia** Comedy.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin** 3/6. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Press Gang** 12/12. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin** 3/6. (S1)
3.30 **Randall and Hopkirk (Deceased)** 6/26. (S1)
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **Danger Man** 16/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 6/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Spaced Out** Sci-fi. (1979, 18, 78min) ★★
11.35 **Primitive London**
1.20 AM **Stereo Underground**
2.20 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Gypsies are distracted when thieves raid their nearby lease. **8.00** The Mahoneys stumble across a murder.
9.00 **Helicopter ER**
10.00 **Animal Cops Philadelphia** Rachel Lee is determined to save an injured dog.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **The Hairy Bikers' Mediterranean Adventure** The delights of southern Spain.
10.00 **Secrets of the Curry Kitchen** Enjoying timeless Indian classics.
10.30 **Maneet's Eats**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 21/22. (S2)
11.00 FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
1.00 PM FILM **Coward of the County** Drama. (1981, PG, 104min) ★★
2.55 FILM **Distant Drums** Western adventure starring Gary Cooper. (1951, U, 99min) ★★
5.00 **Star Trek** 12/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 22/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Push** Sci-fi thriller starring Chris Evans. (2008, 12, 111min) ★
11.20 FILM **The Butterfly Effect** Sci-fi thriller starring Ashton Kutcher. (2003, 15, 113min) ★★★
1.40 **to 4.20** AM FILM **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Geo-Disaster** Sci-fi action drama. (2017, 12, 90min) ★
11.00 **Andromeda** 14/22. (S4)
12.00 NOON FILM **MegaFault** Sci-fi action adventure. (2009, 12, 90min) ★★
2.00 PM FILM **Global Meltdown** Sci-fi thriller. (2017, PG, 105min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Independents' Day** Sci-fi adventure with Jacquelin Arroyo. (2016, 15, 91min) ★★
7.00 **Andromeda** 15/22. (S4)
8.00 **The A-Team** 9/25. (S3)
9.00 FILM **Death Race** Big-budget remake of *Death Race 2000* starring Jason Statham. (2008, 15, 105min) ★★★
11.10 FILM **Maximum Conviction** Thriller. (2012, 15, 93min) ★★
1.10 AM FILM **Death Race**
3.15 FILM **Independents' Day**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Gloucester.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Storage Hunters**
9.20 **Storage Wars: Texas**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Storage Hunters**
4.05 **Ancient Aliens**
5.00 **Evidence of the Unexplained**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking**
10.00 **Weird Britain** Mystical fairy traditions.
11.00 **Britain's X Files**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Evidence of the Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Entertainment News**
9.10 **The Yorkshire Vet**
11.05 **Ben Fogle: New Lives in the Wild** Missouri.
12.05 PM **All Creatures Great and Small** (S5)
1.05 **Murder, She Wrote**
3.05 **Columbo** Crime drama.
5.00 **Dorset: Country and Coast** Documentary.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** A former fashion photographer who moved to Texas. **8.00** A former fighter pilot farming in the foothills of the Himalayas.
9.00 **Taggart** *Long Time Dead:* An audacious killer taunts the members of Glasgow CID.
11.10 **Megxit: Inside the Sandringham Summit**
12.40 AM **Murder, She Wrote**
2.45 **Great British Ships**
3.35 **to 4.00** AM **Around the World by Train with Tony Robinson**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Tom Conti.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?** Quiz.
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Jenny Eclair.
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** A special edition of the quiz show to benefit Soccer Aid.
8.00 **The Chase** Double bill.
10.00 **The Celebrity Chase**
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz special.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 16/24. Sheldon uses his holidays to help Amy. **8.30** 17/24. Penny tries to dispose of a present Amy gave her. (S5)
9.00 **90 Day Fiancé** New edition Mallorie offends Rasit over a prenup, Josh confronts Catie about her flirting, and Anabelle is turned off by Shea's partying.
11.00 **Dr Pimple Popper**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **The Best of Mr Bean**
9.00 **Everybody Loves Raymond** (S6)
11.00 **The Upper Hand**
1.15 PM **Friends** (S10&1)
7.00 **Friends** 5/24. Rachel does her laundry. **7.30** 6/24. Chandler dates a married woman. **8.00** 7/24. A power cut in the city exposes Chandler to temptation. **8.30** 8/24. Ross and Monica's grandmother dies twice. (S1)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Dara O Briain – Craic Dealer** Stand-up.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Police Squad!**
2.40 **South Park** 4/14. (S8)
3.10 **Reno 911!** (S5)
3.55 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's...**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S6)
7.00 **Michael McIntyre's Big Show** With Ellie Goulding.
8.00 **The Upper Hand** (S1)
9.00 **Michael McIntyre's...**
10.00 **Friends** (S9&10)
12.05 AM **Stupid Central**
1.05 **Michael McIntyre's Big Show** As 7.00pm.
2.05 **Lee Evans: Big – Live at the O2** Stand-up.
2.55 **Rich Hall: 3:10 to Humour** Stand-up.
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 6/11. (S7)
10.45 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.35 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 10/10. Drama. (S4)
2.45 **Minder** 7/11. (S4)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 6/11. (S7)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.05 **Rising Damp** 3/8. (S2)
6.40 **Steptoe and Son** (S2)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 11/11. (S1)
9.00 **Benidorm** 7/7. (S8)
10.00 **Shameless** 5/16. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 7/7. (S8)
12.55 AM **Minder** 6/10. (S5)
2.00 **Duty Free** 1/7. (S2)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Daria** 10/13. (S1)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Judge Judy**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids, Skint Holiday** An Essex teenager goes on holiday with a single-parent family.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **MTV Unplugged**
10.00 **Ink Master** The fight for a shop continues as artists tattoo hometown animals.
11.00 **Geordie Shore** Marnie returns to the house.
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Documentary.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Glass cookware, soap bars and firefighter uniforms. **4.30** The making of crayons, wooden kayaks and gold chains.
5.00 **Alaska: Homestead Rescue** The Raneys meet their match on a homestead in Idaho.

10.00 Expedition Unknown

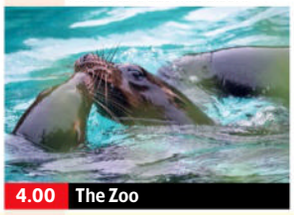
7.00 **Supercar Showroom** Dean aims to impress a celebrity customer with a flight over the airport.
8.00 **Gold Rush: Mine Rescue with Freddy & Juan** The duo try to save the livelihood of a family after serious wildfires.
9.00 NEW **Expedition X: Atomic Sharks** The team investigate reports of aggressive mutant sharks in the Marshall Islands.
10.00 NEW **Expedition Unknown: Shark Secrets** Exploring Scotland's Stronsay Beast, the earliest known shark attack.
11.00 **The Alaska Triangle**
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition X: Atomic Sharks** As shown at 9.00pm.
2.00 **Expedition Unknown: Shark Secrets** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A camel develops a large abscess on its head. **4.00** A sea lion pup needs help weaning off her mother's milk.
5.00 **Lone Star Law** A warden arrives at a domestic dispute.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Baier and Hector join forces to treat wild bison.



4.00 The Zoo

7.00 **Treehouse Masters: Out on a Limb** Pete Nelson builds an adventure-themed treehouse for a family of explorers.
8.00 **River of No Return** With dangerous rocks exposed by low water, Buck must hit high speeds to keep his jet boat safe from harm.
9.00 **Alaska: The Last Frontier** Eve and Eivin find a boat that has capsized during a storm and go searching for survivors.
10.00 **Alaskan Bush People** A major diagnosis leaves the Brown clan shaken, and forces everyone to re-evaluate their goals.
11.00 **In Search of Monsters**
12.00 M'T **Crikey! It's the Irwins** Terri tries to save a koala.
1.00 AM **Richard E Grant's Seven Deadly Sins** Roots of envy.
2.00 **Treehouse Masters: Out on a Limb** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S** A Fiat Uno Turbo.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Erased: WWII Heroes of Colour** Double bill of editions.
4.00 **Lost Treasures of Egypt** The riddles of the Great Sphinx.
5.00 **WW2's Biggest Wrecks: Drain the Oceans**
6.00 **The Forever Walk: China** Paul Salopek treks across China. **6.30** Paul walks from Yunnan into the province of Sichuan.

6.00 The Forever Walk: China

7.00 **Air Crash Investigation** Investigating a plane that crashed in a Dutch field after reporting an engine problem during a flight.
8.00 **Air Crash Investigation** Investigating why a Martinair flight crashes amid thunderstorms and heavy rain in Portugal.
9.00 **Air Crash Investigation** On final approach to Islamabad in fog, Airblue Flight 202 slams into the Himalayan foothills.
10.00 **Mega Marine Machines** Floating bridges connecting communities where traditional structures cannot.
11.00 **Air Crash Investigation** A flight vanishes from radar after take off from Shanghai.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Made in a Day**
2.55 **Abandoned**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Pawn Stars** Four editions.
10.10 **Junk & Disorderly**
11.05 **Storage Wars** Documentary.
12.00 NOON **Combat Trains**
1.00 PM **Thomas Jefferson**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.00** An opportunity that could change the store forever. **5.30** All hell break loose when Ashley upsets Seth.
6.00 **American Pickers** The Wolfe brothers sift through a rockstar picker's off-limits collection.

8.00 Full Custom Garage

7.00 **Forged in Fire** The competition heads to the remote New Agrarian School in the wilderness of Bigfork, Montana.
8.00 **Full Custom Garage** Car builder Ian Roussel creates custom one-of-a-kind vehicles for his clients.
9.00 **Gangland Chronicles** A look at the history of The Chicago Outfit. **9.30** A look into the Aryan Brotherhood.
10.00 **Gangland Chronicles** The Los Angeles-originated gang known as MS-13. **10.30** The Bloods' conflict with rival outfit the Crips.
11.00 **MonsterQuest** Grave mistakes that managed to turn curiosity into a nightmare. **12.00** M'T How the safety of home is occasionally shattered.
12.55 AM **Combat Trains**
1.50 **Full Custom Garage**
2.50 **Gangland Chronicles**
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **The Comedy Store**
11.05 **Urban Secrets**
12.00 NOON **Lancaster** The story of the bomber synonymous with the Dambusters.
2.00 PM **Everton: Howard's Way** The story of Everton's trophy-winning peak in the 1980s.
4.00 **The Directors**
5.00 **Discovering: Mel Gibson**
6.00 **David Frost Vs**

9,40 Bowling for Columbine

7.00 **The Alien Autopsy Scandal** Claims that the video was a hoax start to grow, and UFO hearings raise new questions.
8.00 **The Salisbury Poisonings: A Spy Next Door** The nerve agent attack on former Russian spy Sergei Skripal and his daughter Yulia.
9.40 FILM **Bowling for Columbine** Offbeat documentary exploring America's fascination with guns in the wake of the shooting of 13 people by two pupils at Columbine High School in 1999. With Marilyn Manson. (2002, 15, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's iconic Bolton team of the early 2000s in the Premier League.
2.00 AM **Dart Kings** The game in the 1970s, '80s and '90s.
3.00 **Dart Kings** Double bill.
5.00 **to 6.00** AM **Discovering: Mel Gibson**

Friday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **World's Greatest Motorcycle Rides**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Catherine Southon and Serhat Ahmet start the final lap of their race.
8.00 **The Yorkshire Auction House** A collector's vintage slot machines.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories** Tye Hawkins.
12.00 NOON **The Killer in My Family** John Orr.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **Evil Lives Here: The Killer Speaks**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Hollywood Demons** New edition Doctors and drug empires are under the microscope for celebrity deaths.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** Emma Caldwell.
8.00 **UK Crime Files: A Random Murder** The case of Kevin Bennett.
9.00 **UK Crime Files: Murder of Rachel Manning** A woman who vanished after leaving a nightclub in 2000.
10.00 **Fatal Fraud** The case of Carole Waugh.
11.00 **Secrets of a Murder Detective** The murder of Christopher Proctor.
12.00 M'T **UK Crime Files: A Random Murder**
1.00 AM **UK Crime Files: Murder of Rachel Manning** As 9.00pm.
2.00 **Fatal Fraud**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Skeleton in the Carpet**
9.55 **UK Crime Files: A Murder Without Honour**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Railway Killers**
3.00 **UK Crime Files: DNA Cold Case Solved**
4.00 **Killers: Caught on Camera** True-crime.
5.00 **Medical Detectives** A video reconstruction of a hit and run incident. **5.30** A doctor is accused of assaulting two patients. **6.00** The study of tree ring growth helps a case. **6.30** A man tries to prove his mother's innocence.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the Killer** True-crime.
1.00 PM **Murdered at First Sight** Yingying Zhang.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Murder Uncut**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil Killers** Joel Rifkin.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Conquistadors: The Rise and Fall**
9.35 **The Real Truth**
10.40 **The Rosenbergs: Atomic Spies**
11.50 **Hunting the KGB Killers**
1.00 PM **Weathered...**
1.35 **Conquistadors: The Rise and Fall**
2.45 **The Real Truth**
3.45 **The Rosenbergs: Atomic Spies**
4.55 **Hunting the KGB Killers**
6.05 **Conquistadors: The Rise and Fall**
7.05 NEW SERIES **The Real Truth** Uncovering the truth behind science, beginning with sugar.
8.15 **The Rosenbergs: Atomic Spies**
9.30 **Hunting the KGB Killers**
10.40 **The Real Truth**
12.00 M'T **The Rosenbergs: Atomic Spies**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life** Double bill.
8.00 **Zambia Untamed**
9.00 **Over Australia**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Zambia Untamed**
3.00 **Over Australia**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **City Wildlife Rescue** The centre's skunks attempt to avoid getting their shots. **8.30** A baby mink is abandoned in a store.
9.00 **Kenya Wildlife Diaries**
10.00 **Big Cat Country**
11.00 **Dawn to Dusk**
12.00 M'T **Arabian Seas**
1.00 AM **Strange Creatures**
2.00 **City Wildlife Rescue**
3.00 **Kenya Wildlife Diaries**
4.00 **Zambia Untamed**
5.00 **to 6.00** AM **Over Australia**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Iconic Combat Machines**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Myths & Monsters** Stories of mythological heroes. **2.00** The countless tales about fearsome monsters in the wild. **3.00** An exploration of the story of Romulus and Remus. **4.00** Acts of love and betrayal. **5.00** The myth of Antigone.
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed** UFO sightings in Los Angeles.
8.00 **The Secret Nazi Expeditions** Himmler's efforts to prove the Paleolithic past of Germany's Aryan race.
9.00 **Alien Corridors** Patterns in UFO and UAP sightings.
10.00 **Evidence of the Unexplained** Accounts of UFO sightings.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Superstructures**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Alien Highway**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made** Making oil lamps and chocolate mints. **6.30** A human skeleton replica. **7.00** The production of scuba lights and convertible sandals. **7.30** The production of wood windows and woven cashmere. **8.00** The development and production of gas barbecues. **8.30** How skateboards are manufactured and braided pastry are produced.
9.00 **The Dino Hunters** In Wyoming, Mike and his team continue excavating their triceratops site. **10.00** In Montana, Clayton prepares to learn if his carnivore skeleton belongs to a T-Rex or Nanotyrannus.
11.00 **Tesla's Death Ray: A Murder Declassified** Double bill.
1.00 AM **How the Universe Works**
5.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law** Documentary.
10.00 **My Strange Arrest**
10.30 **Court Cam** True-crime.
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Murder in the 21st**
6.00 **Homicide Hunter**
7.00 **The First 48** Documentary.
8.00 **Green Eyed Killers**
9.00 **K9 PD with Jim Belushi** New editions A dog tracks a suspect with an active warrant. **9.30** A dog encounters a repeat offender he has pursued before.
10.00 **Squatters** New editions A tenant refuses to leave. **10.30** A couple list their home for sale, only to find a squatter.
11.00 **Predator Hunters**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Los Angeles** Documentary.
2.00 **On the Case with Paula Zahn**
3.00 **Murder in the 21st**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild India**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Leopard & Hyena: Strange Alliance** Documentary.
3.00 **Jaguar: Jungle Icon of Guyana**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** The zoo tries to make history by incubating a clutch of rare temple turtle eggs.
8.00 **Savage Kingdom** Animals battle for survival in a remote region of Africa. **9.00** Animals battle for domination of hunting grounds.
10.00 **When Sharks Attack 360** The team investigate a string of shark attacks in Australia.
11.00 **Snakes in the City**
12.00 M'T **World's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Concorde: The Final Flight**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003.
9.00 **Unexplained and Unexplored** Justin Fornal and Emiliano Ruprah search for a shipwreck.
10.00 **How Do They Do It?** The making of Dutch tableware and pocket-sized umbrellas. **10.30** An insight into large-scale iron-mining operations.
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Guy Martin's Great British Power Trip** Triple bill.
12.00 NOON **How Britain Worked**
1.00 PM **Guy Martin's Great British Power Trip** Triple bill.
4.00 **How Britain Worked**
5.00 **You Rang, M'Lord?**
7.20 **You Rang, M'Lord?** Lady Lavender instructs her solicitor to give Ivy her shares from the Union Jack Rubber Company. **8.25** A fancy dress party is planned for Cissy's birthday, while Ted's plans to get into Ivy's room go seriously wrong. **9.35** Ivy gets into trouble. **10.40** Alf pawns his Lordship's silver cigarette case to raise money for the Union Jack Rubber Company shares. **11.45** Two column-dodging soldiers carry an injured officer. **12.55** AM Sir Ralph suspects Lady Agatha is having an affair.
2.00 **You Rang, M'Lord?**
4.45 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Four editions.
12.00 NOON **Death by Fame**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Twisted Sisters**
7.00 **Deadly Secrets** A tight-knit Mississippi family are torn apart after an affair was uncovered. **8.00** The case of Marilyn Burdick, who apparently found new love with Louis Plunkett.
9.00 **The Friday the 13th Murders** A survivor links two cases as police race to stop a predator.
10.00 **Spooked Scotland** The team investigate a cursed castle in Glencoe, where Clan Campbell murdered over 30 MacDonalds.
11.00 **Portals to Hell** Investigating the Savannah Theatre in Georgia. **12.00** M'T A haunted bed-and-breakfast in Utah. **1.00** AM A Pennsylvania estate rumoured to be brimming with paranormal activity.
2.00 **Twisted Sisters** Double bill.
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Locals face off in Ohio before the $5,000 winner goes up against the infamous Kye Kelley.
9.00 **Mike Brewer: Born Dealer** Mike takes the family on a trip.
10.00 **British Superbikes**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals Only** As shown at 8.00pm.
1.00 AM **Richard Hammond's Workshop** Motoring series.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Song Sung Blue** As shown at 3.40pm.
8.20 **PREMIERE Seven Snipers**
9.55 **Mortal Kombat II** As 6.00pm.
11.55 **Normal** As 9.30pm.
1.40 PM **Heretic** As 11.10pm.
3.40 **PREMIERE Song Sung Blue** Drama starring Hugh Jackman. (2025, 12, 132min) ★★★ *See review, page 24.*
6.00 **Mortal Kombat II** Fantasy sequel starring Karl Urban. (2024, 15, 116min) ★★★

8.00 Seven Snipers

8.00 PREMIERE Seven Snipers Thriller starring Radha Mitchell. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) *See review, page 23.*

9.30 Normal Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★
1.10 AM **Love Me** Drama starring Steven Yeun and Kristen Stewart. (2024, 15, 91min)
2.50 **Song Sung Blue** As 3.40pm.
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 303 403 503 517

7.00 AM **Jurassic World: Rebirth**
9.20 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
11.30 **The Lost World: Jurassic Park** Adventure sequel. (1997, PG, 129min) ★★★
1.45 PM **Jurassic Park III** Thriller. (2001, PG, 92min) ★★★
3.30 **Jurassic World** Adventure. (2015, 12, 124min) ★★★★
5.45 **Jurassic World: Fallen Kingdom** Adventure sequel. (2018, 12, 128min) ★★★

10.15 Venom

8.00 Jurassic World: Rebirth Fantasy adventure starring Scarlett Johansson, Mahershala Ali and Jonathan Bailey. A crack team infiltrate a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Venom Fantasy starring Tom Hardy and Riz Ahmed. A journalist gains superhuman strength when his body merges with an alien organism. (2018, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★
2.05 **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
3.55 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
5.40 **to 7.50** AM **Kraven the Hunter** Fantasy adventure. (2024, 15, 127min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Cicada** Romantic drama. (2020, 15, 96min) ★★★★
8.15 **Quartet** As shown at 6.15pm.
10.00 **Flashdance** Adrian Lyne's drama. (1983, 15, 96min) ★★★
11.50 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
1.55 PM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
4.00 **Dreamgirls** Musical. (2006, 12, 130min) ★★★★

6.15 **Quartet** Comedy drama starring Maggie Smith, Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
8.00 **Regretting You** Comedy drama with Allison Williams. A mother and daughter cope with matters after a devastating accident reveals a shocking betrayal. (2025, 12, 116min) ★★★
10.00 **Anora** Comedy starring Mikey Madison, Paul Weissman and Lindsey Normington. (2024, 18, 139min) ★★★★★

12.30 AM **The Brutalist** Drama with Adrien Brody, Felicity Jones, Guy Pearce and Joe Alwyn. (2024, 18, 215min) ★★★★★
3.55 **to 6.00** AM **The Convert** Drama starring Guy Pearce and Tioreore Ngatai-Melbourne. (2024, 15, 119min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **Logan's Run** Adventure. (1976, PG, 115min) ★★★★
8.15 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
10.20 **Escape from New York** Futuristic action-adventure. (1981, 15, 99min) ★★★★
12.05 PM **Gremlins 2: The New Batch** Horror comedy fantasy sequel starring Zach Galligan. (1990, 12, 107min) ★★★

1.55 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
3.30 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
5.35 **Pacific Rim** Sci-fi action thriller. (2013, 12, 126min) ★★★
8.00 **Van Helsing** Fantasy adventure starring Hugh Jackman. (2004, 12, 132min) ★★★
10.15 **Event Horizon** Sci-fi horror thriller starring Laurence Fishburne and Sam Neill. (1997, 18, 96min) ★★★

11.55 **Interstellar** Sci-fi action drama with Matthew McConaughey. (2014, 12, 166min) ★★★★
2.45 AM **Mad Max 2** Thriller sequel. (1981, 15, 95min) ★★★★
4.25 **to 6.25** AM **The Chronicles of Riddick** Sci-fi adventure sequel. (2004, 15, 119min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.40 AM **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
8.15 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
9.55 **The Borrowers** (1997) ★★★★
11.25 **Hook** As shown at 7.55pm.
1.50 PM **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
4.00 **The BFG** (2016, PG) ★★★★
6.00 **E.T. The Extra Terrestrial** Steven Spielberg's fantasy. (1982, U, 114min) ★★★★★

10.20 The Karate Kid

7.55 **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to rediscover his former self to save his children from his old enemy, Captain Hook. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Karate Kid** Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
2.25 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
4.20 **Cinema List: Family Favourites**
4.50 **to 7.10** AM **The Karate Kid** Drama. (2010, PG) ★★★

Sky Cinema Action

306 306 407 507 521

6.30 AM **Bumblebee** Sci-fi thriller. (2018, PG, 114min) ★★★★
8.30 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
10.50 **The Amazing Spider-Man 2** Adventure. (2014, 12) ★★★
1.15 PM **Nobody 2** Comedy. (2025, 15, 89min) ★★★
2.50 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
5.00 **The Lord of the Rings: Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★

2.50 Bullet Train

8.00 **Normal** Action comedy starring Bob Odenkirk and Henry Winkler. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Justice League** Sci-fi adventure with Ben Affleck, Gal Gadot and Henry Cavill. (2017, 12, 120min) ★★
2.40 **Bad Boys II** Comedy thriller sequel with Martin Lawrence. (2003, 15, 147min) ★★★
5.10 **to 7.00** AM **Jackie Chan's Armour of God** Martial arts thriller starring Alan Tam. (1986, 15, 95min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **The Brothers Grimsby** Comedy. (2016, 15, 83min) ★★
8.50 **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★
10.50 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
12.40 PM **Central Intelligence** Comedy. (2016, 12) ★★★
2.30 **American Pie 2** Comedy. (2001, 15, 106min) ★★★
4.20 **The 'burbs** (1989, PG) ★★★
6.05 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★

6.05 Superbad

8.00 **American Pie: The Wedding** Comedy sequel starring Jason Biggs. The old high school friends rally round when two of the gang decide to get married, but much goes wrong before the big day. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

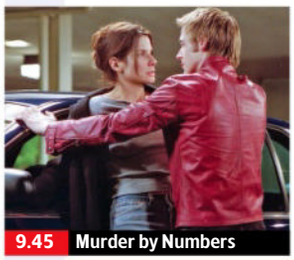
9.40 **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel starring Eric Christian Olsen and Derek Richardson. A pair of teenagers attempt to progress from their special needs class to mainstream school. (2003, 12, 85min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Hitch** Romantic comedy with Will Smith and Eva Mendes. (2005, 12, 118min) ★★★
1.10 AM **Eddington** Western starring Joaquin Phoenix. (2025, 15, 148min) ★★★★
3.40 **Superbad** As 6.05pm.
5.35 **to 7.25** AM **The 'burbs**

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **Now You See Me 2** Crime comedy sequel. (2016, 12, 124min) ★★★
9.50 **Bourne Supremacy** Thriller sequel. (2004, 12) ★★★★
11.45 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
1.50 PM **The Fugitive** Thriller. (1993, 15, 128min) ★★★★★
4.05 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
6.00 **Bourne Ultimatum** Thriller sequel. (2007, 12) ★★★★


9.45 Murder by Numbers

8.00 **Snatch** Crime comedy drama starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Murder by Numbers** Crime thriller starring Sandra Bullock as a veteran cop investigating a murder committed for kicks by two high-school students. With Ryan Gosling and Michael Pitt. (2002, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **GoodFellas** Martin Scorsese's drama with Robert De Niro. (1990, 18, 143min) ★★★★★
2.15 AM **Drop** Thriller with Meghann Fahy and Brandon Sklenar. (2025, 15, 95min) ★★★★
3.55 **to 6.00** AM **Murder by Decree** Mystery chiller. (1978, 12, 112min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Oliver!** Musical. (1968, U, 146min) ★★★★★
1.55 PM **Sherlock Holmes and the Secret Weapon** Thriller. (1942, b/w, PG, 68min) ★★
3.15 **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
4.50 **The True Story of Jesse James** Western biopic. (1956, PG, 92min) ★★
6.40 **Ad Astra** Drama starring Brad Pitt. (2019, 12, 123min) ★★★★

9.00 The Martian

Ad Astra (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Martian** Ridley Scott's sci-fi drama starring Matt Damon and Jessica Chastain. An astronaut left stranded on Mars has to find a way to survive for years on meagre resources. With Kristen Wiig and Chiwetel Ejiofor. (2015, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Last Night in Soho** Mystery horror starring Thomasin McKenzie and Anya Taylor-Joy. An aspiring fashion designer travels back to the 1960s, and discovers the tale of a singer. (2021, 18, 112min) ★★★★
2.10 **to 4.00** AM **Sick of Myself** Norwegian drama starring Kristine Kujath Thorp. Subtitled. (2022, 15, 97min) ★★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Animation

302 302 402 502 516

7.05 AM **Playmobil: The Movie** Animation. (2019, U, 99min) ★★
8.50 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
10.25 **DC League of Super-Pets** Animation. (2022, PG) ★★★
12.25 PM **Smurfs: The Lost Village** Animated family adventure. (2017, U, 87min) ★★★
2.10 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★

4.00 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
5.50 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
7.50 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
9.30 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
11.20 **Mr Peabody & Sherman** Animated comedy adventure. (2014, U, 97min) ★★★★
12.55 AM **Corpse Bride** Animation. (2005, PG, 74min) ★★★★

2.15 **Flushed Away** Animation. (2006, U, 85min) ★★★★
3.45 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
5.15 **Cinema List: Family Favourites**
5.45 **to 7.25** AM **Angry Birds Movie** Animation. (2016, U) ★★★

Sky Cinema Greats

307 307 404 504 518

7.50 AM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
9.20 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
11.10 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
1.10 PM **Robin Hood: Prince of Thieves** Blockbuster adventure. (1991, PG, 138min) ★★
3.40 **Godzilla** Monster movie. (1998, PG, 139min) ★★★

6.00 **Lethal Weapon** Thriller starring Mel Gibson and Danny Glover. (1987, 15, 110min) ★★★★
8.00 **Lethal Weapon 2** Thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. (1989, 15, 110min) ★★★★
9.55 **Patriot Games** Thriller starring Harrison Ford. A retired CIA agent becomes a target after foiling an assassination attempt. (1992, 15, 116min) ★★★

11.55 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
1.55 AM **The Krays** Crime drama. (1990, 18, 119min) ★★★
3.55 **The Cinema List: British Sky Originals**
4.25 **to 7.00** AM **The Firm** Thriller. (1993, 15, 155min) ★★★

Disney+ Cinema

305 305

6.00 AM **Sleeping Beauty** Animation. (1959, U, 75min) ★★★★
7.25 **A Bug's Life** Animated comedy. (1998, U, 94min) ★★★★★
9.00 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
10.45 **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
12.35 PM **The Lion King** Animation. (2019, PG, 118min) ★★★

2.05 **The Wild** Animated comedy. (2005, U, 82min) ★★
3.30 **Beverly Hills Chihuahua** Comedy. (2008, U, 91min) ★★
5.05 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
7.15 **Cool Runnings** Sports comedy. (1993, PG, 99min) ★★★
9.00 **Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn and Christine Taylor. (2004, 12, 92min) ★★★★
10.35 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★

12.05 AM **The Amateur** Crime thriller starring Rami Malek. (2025, 12, 125min) ★★★★
2.10 **Conan the Barbarian** Fantasy starring Arnold Schwarzenegger. (1981, 15, 129min) ★★★
4.25 **to 6.00** AM **Aladdin** Animation. (1992, U, 90min) ★★★★★

Movies 24

312 313 419

7.00 AM **Sense and Sensibility** Drama. (2024, U, 84min) ★★
9.00 **An Alpine Holiday** Comedy drama. (2025, U, 90min) ★★
11.00 **Mystery Island: House Rules** Drama. (2024, PG, 84min) ★★
1.00 PM **Writing a Love Song** Drama. (2024, PG, 85min) ★★
3.00 **A Safari Romance** Romantic comedy starring Andrew W Walker. (2023, PG, 84min) ★★

5.00 **A Suite Holiday Romance** Drama. (2025, PG, 90min) ★★
7.00 **My Dreams of You** Romantic drama starring Cecilia Lee. A woman has recurring dreams about a mysterious stranger whom she later meets in real life. (2024, PG, 90min) ★★
9.00 **The Greek Aisle** Drama starring Nikki DeLoach. A woman travels to Corfu to finalise an inheritance, but the will requires her to marry her co-inheritor. (2026, PG, 90min) ★★

11.00 **Falling Together** Romantic drama. (2024, U, 190min) ★★
1.00 AM **For Love & Honey** Comedy. (2024, U, 84min) ★★
3.00 **to 5.00** AM **A Make or Break Holiday** Drama. (2025, U) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **What's on TPTV with Noel**
6.10 **Command Performance** Musical. (1937, b/w, PG, 84min) ★
7.55 **Serious Charge** Drama. (1959, b/w, PG, 95min) ★★★
9.55 **Sherlock Holmes: Terror by Night** Murder mystery. (1946, b/w, U, 60min) ★★
11.10 **The Lucy Show** 6/24. (S6)
11.45 **The Steel Key** Comedy thriller. (1953, b/w, PG, 74min) ★★

1.05 PM **Edgar Wallace Mystery Theatre** 4/11. Drama. (S5)
2.15 **The Adventures of Robin Hood**
2.45 **My Brother's Keeper** Thriller. (1948, b/w, PG, 91min) ★★★
4.30 **The Cheaters** 11/27. (S2)
5.00 **A Family at War** 1/19. (S2)
6.00 **Rumpole of the Bailey**
7.00 **Z Cars** 29/42. (S3)
8.00 **Public Eye** 1/13. (S6)
9.05 **Cellar Club with Caroline Munro**
9.10 **Supernatural** 6/8. (S1)
10.10 **Cellar Club with Caroline Munro**
10.15 **Tales of Tomorrow**

10.45 **Cellar Club with Caroline Munro**
12.05 AM **The Thirty Nine Steps** Thriller starring Robert Powell. (1978, PG, 102min) ★★★
2.10 **The Appointment** Horror. (1981, 15, 90min) ★★
4.00 **The Vise** 34&13/39. (S1)
5.00 **to 6.00** AM **Railway Murders**

Friday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC** Football headlines.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Sports news.
3.00 LIVE **The Hundred** Birmingham Phoenix v SunRisers Leeds. Coverage of the women's match at Edgbaston. The visitors won this fixture last season at Headingley on their way to their first ever title in this competition. Start-time **3.00pm**.
6.00 **Sports Desk**
7.00 LIVE **EFL Cup** Middlesbrough v Wrexham. The first-round game held at Riverside Stadium. Kick-off **8.00pm**.
10.45 LIVE **WTA Tennis** Coverage from women's matches on the sixth day of the Canadian Open, a WTA 1000 event in Toronto.
11.00 LIVE **WTA & ATP Tennis** Further coverage from day six of the Canadian Open, an ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
2.00 **SNF** Arsenal v Leeds United.
2.30 **Premier League Highlights**
4.00 **SNF** Bournemouth v Arsenal.
4.30 **Premier League Highlights** Leeds United v Arsenal. **5.00** Highlights from Tottenham Hotspur v Arsenal. **5.30** Arsenal v Everton. **6.00** West Ham United v Arsenal. **6.30** Crystal Palace v Arsenal.
7.00 **The Transfer Show**
8.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
9.00 **Transfer 360** Double bill.
10.00 **Cult Heroes** Double bill.
11.00 **Premier League Years** A look back at the 1993/94 season.
1.00 AM **PL Retro** A replay of Arsenal v Leicester City from 2017.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
7.00 **EFL** A League One play-off final.
8.00 **EFL Highlights**
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro**
12.00 NOON **EFL Highlights**
2.00 PM **EFL** Hull City v Middlesbrough.
3.00 **SPFL Highlights**
3.30 **EFL Cup Highlights** Action from Arsenal v Manchester City in the 2025/26 final.
6.30 **Best Goals: EFL Cup 25/26**
7.00 LIVE **EFL Cup** Middlesbrough v Wrexham. Coverage of the first-round match at Riverside Stadium. Boro will be looking to avoid a repeat of this stage last season, when they were beaten 4-0 here by Doncaster Rovers. Kick-off is at **8.00pm**.
10.45 **Championship Season Review**
11.45 **SPFL Round-Up**
12.15 AM **Championship Retro**
2.15 **Henrik Larsson: 20 Years On**
3.15 **SPFL Highlights**
3.45 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **SPFL Highlights**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 **The Hundred** A match replay.
2.15 PM **The Hundred Bitesize**
2.30 **The Hundred Bitesize**
2.45 LIVE **The Hundred** Birmingham Phoenix v SunRisers Leeds. Coverage of the women's match at Edgbaston, Birmingham. Start-time **3.00pm**.
6.00 LIVE **The Hundred** Birmingham Phoenix v SunRisers Leeds. Coverage of the men's match staged at Edgbaston in Birmingham. The Sunrisers, known as the Northern Superchargers last year, won this meeting last year at Headingley thanks to an impressive all-round performance. They made 193-5 in their innings as Dawid Malan led the way with 58 from 34 balls before they restricted the Phoenix to 157-9. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Birmingham Phoenix v SunRisers Leeds.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **HotelPlanner Tour Golf**
6.30 **PGA Tour Champions Learning Centre** Golf tips and advice.
7.00 **Ladies European Tour Golf**
11.00 **My Icon** Catriona Matthew.
11.15 **HotelPlanner Tour Golf**
11.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day two of the Wyndham Championship.
2.00 PM LIVE **Ladies European Tour Golf** Coverage of day two of the PIF London Championship.
6.00 LIVE **PGA Tour Golf** Further coverage of day two of the Wyndham Championship staged at Sedgefield Country Club in Greensboro, North Carolina.
11.00 **The Greatest Solheim Cup**
1.00 AM **Solheim Cup Golf**
2.00 **Golf Academy** Expert tips.
3.00 **PGA Tour Golf**
4.00 **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
4.00 PM LIVE **WTA Tennis** Coverage from women's matches on day six of the Canadian Open in Toronto.
5.30 LIVE **WTA & ATP Tennis** Day six of the Canadian Open, an ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
10.00 LIVE **WTA Tennis** Further coverage from the women's draw on day six of the Canadian Open.
11.00 LIVE **WTA & ATP Tennis** Continued coverage from day six of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, featuring third-round matches.
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Playing for Our Future – Cycling** The future of cycling.
6.15 **The Gruppetto** Cycling news.
6.30 **Tour de France Women**
7.30 **LIV Golf** Action from New Jersey.
9.00 **Test Cricket Highlights**
10.00 **TNT Sports Reload**
10.30 LIVE **AFL** Brisbane Lions v Hawthorn Hawks. From Brisbane Cricket Ground. Bounce-up **10.40am**.
1.30 PM **Premier League Stories**
2.00 **The Gruppetto**
2.15 LIVE **Tour de France Women** Coverage from the seventh stage, a 144km route from La Voulte-sur-Rhone to Mont Ventoux.
5.15 **TNT Sports Reload**
5.30 **MLB Plays of the Week**
6.00 **MLB Highlights**
7.00 **Supercars Championship**
9.00 **AFL** Lions v Hawks.
10.30 **Premier League Stories**
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB** New York Yankees v Atlanta Braves. Coverage from Yankee Stadium. Start-time **12.05am**.
3.00 AM **British Superbikes**
4.00 **FIM Speedway Grand Prix**
5.00 **to 6.00** AM **Formula E**

TNT Sports 2

411 414 522 409 431

6.00 AM **FIM Speedway Grand Prix**
7.00 **British Superbikes Rewind**
7.15 **MotoGP Rewind**
10.00 LIVE **MotoGP** Coverage of the Grand Prix of Britain first free practice session at Silverstone.
12.45 PM **LIV Golf** From New Jersey.
2.15 LIVE **MotoGP** Coverage of the Grand Prix of Britain practice session staged at Silverstone.
5.15 **MotoGP Highlights**
6.15 **British Superbikes Highlights** Action from the sixth round of the season held at Oulton Park.
7.15 **MotoGP** Action and news from the Grand Prix of Britain.
7.45 **TNT Sports Reload**
8.00 **Fencing World Championships** Highlights of the World Fencing Championships in Hong Kong.
10.00 **Test Cricket Highlights** Axtion from West Indies v Pakistan.
11.00 **CPL Highlights**
11.30 LIVE **CPL** Jamaica Kingsmen v Antigua & Barbuda Falcons. Coverage of the T20 match staged at Arnos Vale Stadium in Saint Vincent.
3.45 AM **TNT Sports Reload**
4.00 **Discovery Golf**
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 LIVE **NRL** New Zealand Warriors v Penrith Panthers. Coverage of the game from Go Media Stadium in Auckland. Kick-off **9.00am**.
11.00 LIVE **NRL** Sydney Roosters v Canterbury Bulldogs. Coverage from Allianz Stadium. Kick-off **11.00am**.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Highlights**
5.30 **NBA Basketball**
7.30 LIVE **Super League** Wakefield Trinity v Leeds Rhinos. Coverage of the match from the 22nd round of fixtures, staged at DIY Kitchens Stadium. Kick-off **8.00pm**.
10.15 **The Final Round**
11.15 **Women's Super League**
11.45 **Super League Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **Super League** A chance to see Wakefield Trinity v Leeds Rhinos.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 LIVE **NRL** New Zealand Warriors v Penrith Panthers. Coverage of the match at Go Media Stadium in Auckland. Kick-off **9.00am**.
11.00 **Sky Sports FC**
11.30 **My Icon** Catriona Matthew.
11.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day two of the Wyndham Championship from Sedgefield Country Club in Greensboro, North Carolina.
7.30 PM LIVE **Super League** Wakefield Trinity v Leeds Rhinos. Coverage of the match from the 22nd round of fixtures staged at DIY Kitchens Stadium. Kick-off **8.00pm**.
10.15 LIVE **WTA Tennis** Coverage from women's matches on the sixth day of the Canadian Open, a WTA 1000 event in Toronto.
11.00 LIVE **WTA & ATP Tennis** Further coverage from day six of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Montpellier Open.
9.00 **TGL** Jupiter Links v Los Angeles.
10.50 **My Icon** Leon Pryce.
11.00 **WTA Tennis** Abu Dhabi Open.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Bitesize Highlights**
2.00 **Fight Night** Dubois v Harper.
3.00 **Championship Retro**
5.00 **Championship Season Review**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights**
9.00 **WTA Tennis** Prague Open final.
10.00 **NFL Bitesize Highlights**
11.00 **Zuffa Boxing** Cortes v Garcia.
12.00 M'T **One Championship Weekly**
12.30 AM **Rob Cross: A Year to Remember 2018**
1.00 **Championship Retro**
3.45 LIVE **NRLW** Canterbury-Bankstown Bulldogs v North Queensland Cowboys.
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 415 523 410 432

6.00 AM **Classic Premier League**
8.00 **Tour de France Men Highlights**
9.00 **Men's Cycling Pro Series**
10.00 **Men's Cycling** Tour of Poland.
11.00 LIVE **Cycling** Coverage of the fifth stage of the men's Tour of Poland, a route of 218.5km from Opole to Kocierz.
3.45 PM **TNT Sports Reload**
4.15 **UEFA Champions League Goals**
4.30 LIVE **LIV Golf** Coverage of the second day of the 11th round of the season at Trump National Golf Club Bedminster in New Jersey.
10.30 **MotoGP** Grand Prix of Britain.
11.00 **WRC Review** Rally Finland.
12.00 M'T **Supercars Championship**
2.00 AM **MotoGP** Highlights from the Grand Prix of Britain.
2.30 **AFL** Lions v Hawks.
4.00 **to 7.00** AM LIVE **AFL** Melbourne Demons v Fremantle Dockers. Coverage of the match from Melbourne Cricket Ground. Bounce-up is at **4.15am**.

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League**
6.15 **UEFA Conference League Goals**
6.30 **UEFA Europa League Goals**
6.45 **What I Wore** Michel Salgado.
7.00 **AFL** A replay of Western Bulldogs v North Melbourne Kangaroos.
8.30 **WRC Review** Rally Finland
9.30 **Discovery Golf**
10.00 LIVE **London Premier Padel** A women's quarter-final from the Grand Hall at Olympia, London.
12.00 NOON LIVE **London Premier Padel** A men's quarter-final.
2.00 PM LIVE **London Premier Padel** A women's quarter-final.
4.00 LIVE **London Premier Padel** Coverage of a men's quarter-final.
6.00 LIVE **London Premier Padel** A women's quarter-final.
8.00 LIVE **London Premier Padel** Coverage of a men's quarter-final.
10.00 **Tour de France Women**
11.00 **Cycling Highlights**
5.00 **to 6.00** AM **WRC Review**

Premier Sports 1

419 APP 528

6.00 AM **Indikart Championship**
7.00 **NASCAR Highlights**
8.00 **LaLiga** Barcelona v Real Madrid.
10.00 **Football** Arsenal v Real Betis.
12.00 NOON **Swedish Speedway** A high-profile Elitserien meeting.
2.00 PM **Bike World** Magazine.
2.30 **NASCAR Highlights**
3.30 **LaLiga** Real Madrid v Barcelona.
5.30 **World of FreeSports**
6.00 **NHL Ice Hockey** Another chance to see Carolina Hurricanes v Vegas Golden Knights in game five of the Stanley Cup Finals. **8.00** A replay of Vegas Golden Knights v Carolina Hurricanes in game six of the Stanley Cup Finals.
10.15 **Africa Eco Race**
10.30 **NASCAR Highlights**
11.30 **Champions Cup** The final.
1.45 AM **Africa Eco Race**
2.00 **LaLiga** Real Madrid v Barcelona.
4.00 **KOTV Weekly** Boxing news.
4.30 **World of FreeSports**
5.00 **to 6.00** AM **DTM Motorsport**

Premier Sports 2

420 APP 529

6.00 AM **Champions Cup** A replay of Leinster v Bordeaux in the final.
8.15 **Africa Eco Race** The latest motorsport highlights.
8.30 **EUT20 Belgium** Another chance to see Brussels v Bruges. **11.45** Action from the final.
3.30 PM **Temples of Sport**
4.00 **Football's Greatest**
4.30 **Rugby Junior World Championships** France v New Zealand in the first semi-final. **6.30** Action from South Africa v England in the second semi-final.
8.30 **Temples of Sport**
9.00 **Rugby Junior World Championships** Action from New Zealand v England in the third/fourth place play-off. **11.00** Action from the final.
1.00 AM **Temples of Sport**
1.30 **Top 14 Rugby Union** Toulouse v Montpellier in the final.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **Brasileiro Serie A**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ted's Notebook**
12.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
1.00 **Formula 1** Monaco Grand Prix.
3.30 **British Fish and Chip Challenge**
4.00 **Formula 1** Highlights.
7.00 **Ted's Notebook**
7.30 **Formula 1** Canadian Grand Prix.
9.45 **Ted's Notebook**
10.15 **Ollie Bearman Drives Ayrton Senna's Lotus**
10.30 LIVE **Indycar** Coverage of the OnlyBulls Grand Prix of Portland first practice session in Oregon.
12.00 M'T **Formula 1** Highlights.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Next week *On sale Tuesday 4 August*

Reacher

In the fourth run of the Prime Video thriller, based on Lee Child's novels, the ex-military policeman (Alan Ritchson) becomes embroiled with a dark conspiracy in New York.

Mourinho

Netflix's docuseries sees football's 'Special One' and those who know him reflect on the highs and lows of his career managing the likes of Chelsea and Real Madrid.

Hit Point

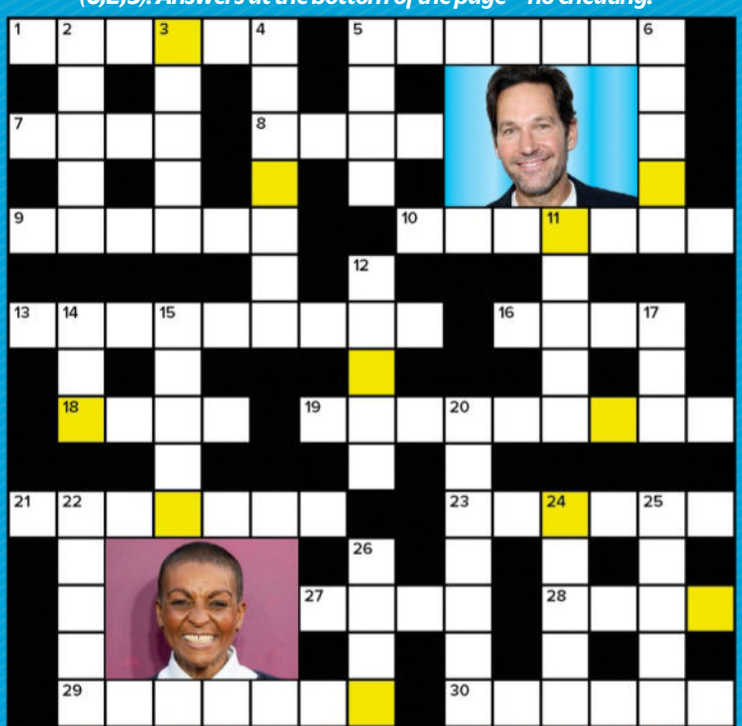
Saffron Hocking and Nick Blood star in U&Dave's drama about a pair of detectives who fall for each other as they try to bring down a criminal gang.

My Brilliant Career

Set in Australia in 1900, Netflix's drama, based on Miles Franklin's novel, follows spirited Sybylla (Philippa Northeast), who dreams of being a writer, but romance adds complications.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of an English model (6,2,3). Answers at the bottom of the page – no cheating!



ACROSS

1 Actor in 2011's *Tinker Tailor Soldier Spy*, Mark ------ (6)
5 Starred in hit 1984 movie *Ghostbusters*, Dan ------- (7)
7 ---- Keene, played Cindy Williams in *EastEnders* (4)
8 See picture clue: Paul ----, star of 2015's *Ant-Man* (4)
9 Ariana ------, singer of 2018 hit *Thank U, Next* (6)
10 Star of *Doctor Who* and *The Thick of It*, Peter ------- (7)
13 1983 film with Dame Julie Walters, --------- *Rita* (9)
16 Alfred Hitchcock film from 1954 starring Grace Kelly, ---- *M for Murder* (4)
18 Starred in 1993 thriller *The Fugitive*, ---- Ward (4)
19 Jo ---------, Welsh stand-up comedian and writer (9)
21 Mark -------, Chaser who is nicknamed The Beast (7)
23 Reboot of 1990s American sitcom that originally starred Will Smith (3-3)
27 2004 Anne Hathaway film, ---- *Enchanted* (4)
28 ---- Dingle, *Emmerdale* role of Jeff Hordley (4)
29 Lysette -------, starred as *Hollyoaks*' Marnie (7)
30 Tarzan's chimp sidekick (6)

DOWN

2 Lars von -----, Danish film director born in 1956 (5)
3 2022 sequel to *Knives Out*, *Glass* ----- (5)
4 Alf -------, Warren Mitchell's character in old sitcom *Till Death Us Do Part* (7)
5 Comedian and presenter, ---- Osho (4)
6 New York-born magician, mentalist and endurance artist, ----- Blaine (5)
11 1979 Thin Lizzy hit, *Waiting for an* ----- (5)
12 John -----, actor who played Mr Humphries in *Are You Being Served?* (5)
14 --- O'Connor, entertainer who died in 2020 (3)
15 Plays Lucas Sinclair in hit sci-fi series *Stranger Things*, ----- McLaughlin (5)
17 Rapper, --- Nas X (3)
20 Matt -------, *Friends* star (7)
22 See picture clue: Actor who stars as Lady Danbury in *Bridgerton*, ----- Andoh (5)
24 Original *Made in Chelsea* star, Ollie ----- (5)
25 Green Day album released in 2004, *American* ----- (5)
26 ---- *Misty for Me*, 1972 Clint Eastwood movie (4)

CROSSWORD SOLUTION
ANSWER: Yasmin Le Bon **ACROSS:** 1 Strong, 5 Aykroyd, 7 Mimi, 8 Rudd, 9 Grande, 10 Capaldi, 13 Educating, 16 Dial, 18 Sela, 19 Caulfield, 21 Labbett, 23 Bel-Air, 27 Ella, 28 Cain, 29 Anthony, 30 Cheeta
DOWN: 2 Trier, 3 Onion, 4 Garnett, 5 Andi, 6 David, 11 Aibi, 12 Inman, 14 Des, 15 Caleb, 17 Lil, 20 Leblanc, 22 Adjoa, 24 Locke, 25 Idiot, 26 Play

WORDS: CAREN CLARK. PHOTOS: APPLE TV, GETTY, NETFLIX, PRIME VIDEO, U&DAVE

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Coming soon

Time

David Tennant stars in the return of the prison drama

Here's an enticing look at David Tennant as he joins BBC1's anthology drama *Time* for its upcoming third run.

The three-part series, airing later this year and penned by award-winning writer Jimmy McGovern and Samuel Bailey, once again explores prison life from the perspective of those on both sides of the bars, and is set in a young-offender institution.

Tennant takes centre stage as experienced but troubled custodial manager Bobby Bailey, and Siobhan Finneran reprises her role as Marie-Louise O'Dell, a prison chaplain who has now lost her faith. Meanwhile, Louis McCartney and Ollie McNulty play teen offenders James and Peter, who forge a friendship as they try to come to terms with being in jail. But a shocking incident sees Marie-Louise lock horns with Bobby, who is keeping some dark secrets. Will the truth come to light?

ON THE INSIDE

Daniel Ryan co-stars as Bobby's colleague Freddie Jennings, while Jo Joyner, Vinette Robinson and Chukwubuikem Molokwu (who plays young offender Christopher) also appear.

'Siobhan Finneran is back! And we've got a wonderful leading man in David Tennant,' says McGovern. 'I think it's going to be wonderful.'

'We are excited to introduce the audience to a whole new part of the prison system,' adds executive producer Andrew Morrissey. 'Once we started the research, we knew there were stories that demanded to be told.'

Irish dramas to look forward to

Close to Home

Anthony Boyle headlines C4's drama about a young man in Belfast whose life implodes when he attacks a stranger.

Boys of Tommen

Prime Video's adaptation of Chloe Walsh's books centres on teens Shannon (Nancy Surridge) and Johnny (Conor Sánchez).

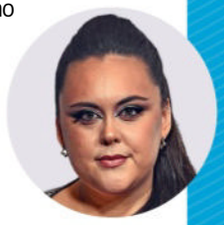
The Rachel Incident

C4's series sees pals Rachel (Máiréad Tyers) and James (Ellis Howard) navigating love and life in Cork in 2010.

WHAT'S NEXT FOR...

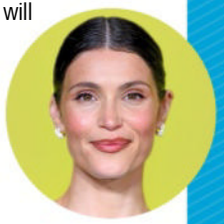
Sharon Rooney

5's six-part thriller **An Impossible Way to Die** will see the actor portray DS Katie Salter, who is partnered with DI Niall Conway (Emmett J Scanlan) to investigate four deaths at a dinner party.



Gemma Arterton

In BBC1's adaptation of Henry James' novel **The Portrait of Lady**, the actor will play manipulative Madame Merle, who tries to snare the fortune of wide-eyed Isabel Archer (Nell Tiger Free).



Paddy Considine

The actor will appear alongside America Ferrera, Alex Hassell and Kit Harington in C4's six-part drama **Army of Shadows**, which follows the rise of a resistance group in an occupied Great Britain.

Coming Back

In a third and final series of BBC3 comedy **Daddy Issues**, single mum Gemma (Aimee Lou Wood) needs the support of her inept dad Malcolm (David Morrissey) once more, when she has a romantic liaison that leads to chaos.

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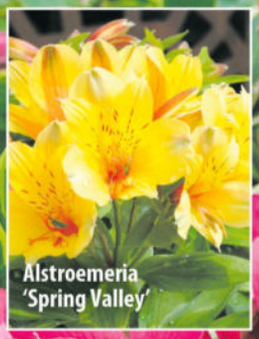
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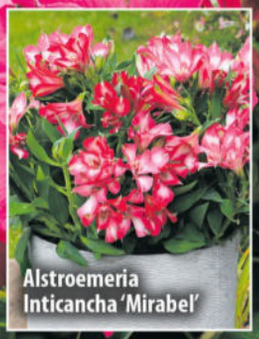
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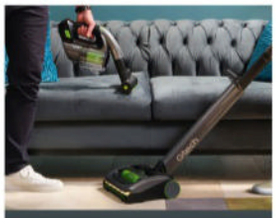

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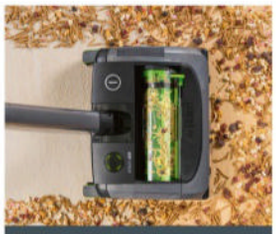

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